

Master Chef Group Gratitude - Levels F-3

GRATITUDE

To help students notice the special people in their lives and say thank you in a fun and creative way.



Learning Intentions

To express gratitude by reflecting on positive people in my life.

Students aim to identify and express gratitude for individuals who have positively impacted them.

To share my appreciation in a creative way.

Students aim to reflect on meaningful actions or qualities that have inspired them, and share these reflections with others.

To build connections and strengthen friendships through gratitude.

Students aim to recognise the importance of supporting and appreciating each other, fostering a sense of community and connection.



Success Criteria

Reflective Thinking:

I can thoughtfully reflect on people and actions I am grateful for using the gratitude prompts.

Creative Expression:

I can express gratitude in a fun and creative way through writing or drawing.

Positive Interaction:

I can listen to and respond kindly to my peers when they share their gratitude stories.



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Duration: 15–20 minutes

Objective

To help students notice the special people in their lives and say thank you in a fun and creative way.

What You Need

- Paper, pencils and coloured pencils.
- A **simple prompt sheet** (optional) with pictures (e.g., happy face, helping hand, family, friend, teacher)

Gameplay

1. Think About Gratitude (The MasterChef Challenge):

- The teacher gives students **simple prompts** such as:
 - Who makes you smile?
 - Who helps you when you feel sad?
 - Who teaches you something new?
 - Who is kind to you?
- Students choose 2–3 people and either draw them or say their names.

2. Cooking up Gratitude (Recipe Creation):

- Students imagine they are “MasterChefs” making a **Gratitude Recipe**.
- Example: *“One cup of Mum’s hugs, two spoons of my teacher helping me, and a sprinkle of my friend making me laugh.”*
- Students can **draw the recipe ingredients** on paper or use words with support.

3. Sharing Recipes:

- Students share their Gratitude Recipe with the class or in small groups.
- Everyone responds with a positive word (e.g., “Yum!” “That sounds wonderful!”).

Reflection Prompts

- How did you feel when you thought about people you are thankful for?
- How do you think those people would feel if they knew you were thankful?
- Why is it good to say thank you?

For Wheelchair Users / Accessibility

- Students can **speak their Gratitude Recipe** while a peer or teacher draws or writes for them.
- Use **picture cards or communication devices** to choose people or feelings.
- Allow responses with gestures, pointing, or assistive tech.



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Notes for Inclusion

- Use large-print or picture-based prompts.
- Give students choices (draw, speak, or use picture cards).
- Model creating your own “recipe” so students see how to do it.

Variations

- **Quick Version:** Each child shares one “ingredient” of gratitude.
- **Family Edition:** Families create a Gratitude Recipe together.
- **Outdoor Edition:** Children collect nature items (sticks, leaves, stones) to represent their gratitude “ingredients.”
- **Art Edition:** Make a “Gratitude Cookbook” where each child’s recipe is added to a class book.

Additional Notes

- This game helps students learn gratitude in a playful, imaginative way. By turning appreciation into a recipe, students practice kindness, creativity, and sharing. It builds confidence, supports communication, and creates a happy, connected classroom.



GRATITUDE PROMPTS

PRINT AND CUT OUT THE GRATITUDE PROMPT CARDS FOR STUDENTS TO USE.
BEGIN BY READING THROUGH THE PROMPTS TOGETHER AND INVITING STUDENTS
TO REFLECT ON THEIR ANSWERS.

WHO IS SOMEONE
WHO MAKES YOU
HAPPY?



WHAT IS ONE OF
YOUR FAVOURITE
MEMORIES?



WHAT IS SOMETHING
YOU ARE LOOKING
FORWARD TO?



GRATITUDE PROMPTS

WHAT IS AN ACTIVITY
THAT MAKES YOU
SMILE?



WHAT IS SOMETHING
YOU ENJOY DOING AT
SCHOOL?



WHO IS A FRIEND YOU
ARE THANKFUL FOR?



GRATITUDE PROMPTS

WHAT IS YOUR
FAVOURITE HOLIDAY
OR CELEBRATION?



WHAT IS ONE THING
ABOUT YOURSELF YOU
ARE PROUD OF?



WHAT IS SOMETHING
FUN YOU DO WITH YOUR
FAMILY?



GRATITUDE PROMPTS

WHAT FOOD MAKES
YOU FEEL GOOD?



WHAT IS YOUR
FAVOURITE GAME THAT
MAKES YOU HAPPY?



WHAT IS ONE THING
THAT MADE YOU SMILE
TODAY?

