

My Gratitude List – Levels F-3

GRATITUDE

To help students notice and record things they are grateful for, building a positive habit that improves happiness, self-awareness, and emotional well-being.



Learning Intentions

Notice good things:

Students aim think of things in their life that make them happy.

Show gratitude:

Students aim to say, write, or draw what they are thankful for.

Feel positive:

Students can recognise how being thankful makes them feel better.



Success Criteria

I can write, draw, or share at least three things I am grateful for today.



I can explain or show why these things are special to me.

I can reflect on how gratitude makes me feel happy or calm.



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Duration: 10–15 minutes

Objective

To help students notice and record things they are grateful for, building a positive habit that improves happiness, self-awareness, and emotional well-being.

Players

Individual activity, with optional sharing in pairs, groups, or as a class.

Materials

- Paper or journals
- Crayons, markers, or pencils
- Optional: a display board or “Gratitude Wall”

Setup

- Provide students with paper or journals and writing/drawing tools.
- Create a calm and supportive environment for reflection.
- Begin with a short brainstorm as a class about things we can be grateful for (e.g., friends, family, pets, fun activities, favourite foods, being kind, playing outside).

Gameplay / Activity Steps

Step 1: Make a Gratitude List

- Students write or draw three things they are grateful for today.
- Examples: “I am grateful for my friend,” “I am grateful for my pet,” “I am grateful for playing soccer.”

Step 2: Explain or Show Why

- Students add a few words, a picture, or a sentence to show why each thing is important to them.
- Example: “I am grateful for my dog because he plays with me.”

Step 3: Reflect and Share

- Encourage students to think about how writing their gratitude made them feel.
- Invite volunteers to share one item from their list with the class, a partner, or by adding it to a Gratitude Wall.



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Reflection Prompts

- “How do you feel when you think about these things?”
- “Which gratitude on your list makes you the happiest?”
- “Why is it good to think about the things we are thankful for?”

Winning the Game

There are no winners. Success is when students practise gratitude, share their ideas, and feel positive about the things that make them happy.

Variations

- **Classroom Edition:** Create a “Class Gratitude Wall” where every student adds their list or one favourite drawing.
- **Family Edition:** Students can make a list at home and share it with their family at dinner or bedtime.
- **Drawing Edition:** For younger students, focus on drawing instead of writing to capture their gratitude.

For Wheelchair Users / Accessibility

- Students may draw, dictate to an adult, or use stickers, symbols, or digital devices to record gratitude.
- Provide visual prompts (pictures of people, places, activities) to spark ideas.
- Allow sharing in multiple forms: spoken, shown through pictures, or digital display.

Notes for Inclusion

- Accept lists in all forms (spoken, drawn, written, or symbol-based).
- Offer sentence starters such as: “I am grateful for...” or “Thank you for...”
- Celebrate all contributions equally to create a culture of respect and positivity.

