

This or That Gratitude (Levels A-B)

GRATITUDE

To support early gratitude expression by giving students two simple options to choose from. The activity encourages communication, movement, and connection in a playful, supported environment.



Learning Intentions

Practise Simple Choice-Making:



Students will select between two gratitude options using movement, gestures, or AAC.

Express Early Gratitude:

Students will begin showing what they like or appreciate using pictures, pointing, or simple words.

Build Social Awareness:

Students will notice peers' choices and participate in shared celebration.



Success Criteria

Students choose between Option A or Option B by moving, pointing, or using AAC.



Students express their choice with a gesture, picture, vocalisation, or word.

Students show engagement when others share their choices (looking, smiling, clapping).



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Duration: 10 - 15 minutes

Objective

To support early gratitude expression by giving students two simple options to choose from. The activity encourages communication, movement, and connection in a playful, supported environment.

What You Need

"This or That" Gratitude picture cards (two simple options per card) (found is PDF resource)

Option A and Option B markers (coloured spots, cones, pictures, or taped shapes)

AAC devices with symbols such as: *this, that, I like, happy, friend, thank you*

Setup

Place Option A and Option B signs on opposite sides of the room or clearly designate the two option spaces for the students to move into, within accessible distance.

The teacher demonstrates how to make a choice by showing the students how to a side or by pointing to a picture or letter (option A or option B).

Model simple gratitude responses using visuals or AAC.

Gameplay / Activity Steps

Step 1: Present a Simple Gratitude Choice

The teacher displays a This or That Gratitude card with two clear visuals/options, such as:

- Option A → *a friend*
- Option B → *a favourite toy*

Teacher says:

"Choose which one makes you feel happy!"

Step 2: Students Make Their Choice

Students show their choice by:

- moving to the Option A or B spot
- pointing to the picture (A or B)
- eye gaze towards the side they wish to choose (A or B)
- vocalising their choice (A or B)
- pressing AAC "A" or "B"

Support students gently with movement support, or hand-under-hand assistance if needed.



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Step 3: Repeat with New Cards

Present 3 - 5 more This or That Gratitude cards and allow time for the students to choose and make their move after each card is displayed. If you have students who can vocalise their reasoning ask them to do so after each round.

Reflection Prompts

Use pictures and simple questions:

- "Was it hard to make a choice?"
- "Show me the one you liked the most!"
- "How does it feel to choose something you love?"

Responses may be verbal, non-verbal, gestural, or via AAC.

Sensory-Seeking Learners Variation

1. Add Movement to Choices

Before moving to a side, students complete a simple action:

- stomp twice
- spin arms
- wiggle
- jump (or seated bounce)

Helps maintain regulation and interest.

2. Use Sensory Pathways

Place tactile markers on the floor such as:

- foam mats
- carpet squares
- textured shapes

Students walk, roll, or wheel along a pathway to their choice.

3. Sensory Choice Cards

Use highly visual, textured gratitude options:

- shiny star vs fluffy heart
- wiggly ribbon vs soft pompom

Students choose the item they prefer.



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4. Big Body Expression

Students celebrate their choice with:

- arms up
- clap
- gentle stomp
- big smile
- waving hands

AAC-Specific Supports

1. Prepare Vocabulary

Include symbols for:

- this
- that
- I like
- happy
- friend
- family
- more
- finished

2. Aided Language Input

Teacher models on AAC device or board:

"I choose this."

"I like it."

"That makes me happy."

"My turn."

3. Expression Support

Students may press:

- "happy"
- "more"
- "friend"
- "thank you"

Teacher repeats and expands their expression.



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4. Partner Sharing

Two students use AAC to share:

- "I choose ____."
- "I like ____."

Adult can support turn-taking with prompts.

Notes for Inclusion

Allow all forms of participation:

- pointing
- moving
- eye gaze
- vocalising
- smiling
- AAC selections
- hand-over-hand assistance

Provide processing time and avoid rushing.

THIS OR THAT GRATITUDE CARDS

PRINT AND CUT OUT THE CARDS. POINT TO OPTION A AND OPTION B, AND INVITE THE STUDENT TO CHOOSE WHAT MAKES THEM FEEL HAPPY. THE STUDENT CAN MOVE TO DIFFERENT SIDES OF THE ROOM, TAP THE PICTURE, OR SAY/PRESS THEIR CHOICE. CELEBRATE EVERY ATTEMPT BY ACKNOWLEDGING WHAT MAKES THEM HAPPY.



OPTION A:
PLAYING WITH A FRIEND

OPTION B:
GOING TO THE BEACH



OPTION A:
LISTENING TO MUSIC

OPTION B:
WATCHING A MOVIE



OPTION A:
EATING ICE CREAM

OPTION B:
EATING CHOCOLATE



OPTION A:
PLAYING SPORT

OPTION B:
PLAYING WITH TOYS



THIS OR THAT GRATITUDE CARDS



OPTION A:
A TEDDY BEAR

OPTION B:
A SUPERHERO



OPTION A:
SUMMER

OPTION B:
WINTER



OPTION A:
EATING PASTA

OPTION B:
EATING PIZZA



OPTION A:
SUNSHINE

OPTION B:
RAINBOW

