

# ATTITUDE OF GRATITUDE

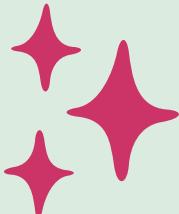
IDEAS FROM YOUR RIDICULOUSLY AMAZING SERVICES TEAM!

## MINDSET FOCUS

**Attitude of Gratitude** teaches us to harness the power of positivity by focusing on what we have rather than what we lack. We learn to appreciate both the joys & challenges in our lives as opportunities for growth & success. By cultivating gratitude, we elevate our perspective, foster resilience, & enrich connections with others, paving the way for a fulfilling & meaningful life.

**The lessons in this unit are:**

- 5.1 Treasure Yourself
- 5.2 Be More Grateful
- 5.3 Thank It Forward
- 5.4 Elevate Your Perspective



**Explore:**

- Activities, games & more in the [Resource Hub](#)
- Self-reflect with the [Educator Life Plan](#)

## MINDSETS MUSIC

- 1 Good Job  
Alicia Keys
- 2 Never Break  
John Legend
- 3 Thankful for Friends  
Sesame Street (ft. Leon Bridges)
- 4 I'm Thankful  
Blippi



**What's on your building's  
Attitude of Gratitude playlist?**

## PRACTICE ATTITUDE OF GRATITUDE @ HOME

**Gratitude Jar:** Place a decorative jar or box in a central location. Provide small slips of paper and pens. Every day, family members write down at least one thing they are grateful for and drop it into the jar.



**Gratitude Scavenger Hunt:** Create a list of things to find around the house or yard that start with the phrase "I'm thankful for ..." When they find the item, they say what they are grateful for.

**"High Low Hero" Dinner Check In:** During dinner, ask each family member to share three things: High – the best thing that happened; Low – something that was challenging; Hero – someone who helped you or made you smile today.



**Thank You Note Blitz:** Dedicate 15 minutes once a week to writing thank you notes or drawing pictures for someone outside of the home. This could be a mail carrier, teacher, grandparent, librarian, grocery store worker or anyone else.

# MAKE THE MINDSETS VISIBLE

Encourage school-wide participation, fostering a sense of community and shared purpose!

A **Gratitude Wall Mosaic** turns a common area into a space for sharing thankfulness. Students and staff write what they're grateful for on colorful shapes like leaves or hearts, then stick them on the wall. Arranging these shapes into a larger, mosaic making the display both meaningful and eyecatching!

Use the **"Gratitude ABC's"** worksheet to help students and teachers brainstorm!



Create a school-wide paper chain to **Treasure What Makes You Unique!**

**You Unique!** Provide a station for participants to write something they appreciate about themselves like "I'm a good friend" or "I'm proud of my hard work." Each note is added to a growing paper chain displayed in a common area reminding everyone to focus on their strengths and building a sense of pride and unity across the school.

A **Thank It Forward Challenge** encourages students and staff to write **thank-you notes** to people they don't often thank, like custodians, bus drivers, or cafeteria staff. At a table with cards and pens, participants write messages like, "Thank you for keeping our school clean," or "I appreciate how you always greet us with a smile." Deliver completed letters to spread kindness and remind everyone of the important roles we all play in the school community.



The **Through New Eyes Perspective Walk** teaches how valuable lessons come from challenges. Stations (posters, videos, or QR codes) around the school feature stories about people overcoming obstacles. Activities like writing with their non-dominant hand encourage students to reflect on alternative perspectives. At each station, reflect on what it means to face and overcome challenges. Conclude the walk with a group discussion on how elevating our perspective can foster growth & understanding.

# CONTENT CONNECTIONS

Reinforce the mindsets in your subject areas!

## SOC. STUDIES

### Cultural Traditions of Gratitude:

Explore how different cultures express thanks (e.g., Thanksgiving, Diwali, Hanukkah, Lunar New Year).

## MATH

### Word Problems of Generosity:

Use math stories involving sharing or giving ("If you share 12 apples among 3 friends . . .").

## PHYS. ED

### Acts of Kindness Relay:

Students race to collect "kindness cards" with prompts like "Say thank you," "Help a classmate," or "Smile at someone new."

## ARTS

### Community Appreciation

**Posters:** Create posters showing gratitude for bus drivers, cafeteria staff, or custodians.

## SCIENCE

### "Thankful for Science" Showcase:

Have students choose one scientific invention or discovery that makes life better and explain why.

## ELA

**Character Connections:** Identify how gratitude impacted characters' outcomes (e.g., *Charlotte's Web*, *The Giving Tree*).

**Gratitude Journals:** Students write daily or weekly about someone or something they are thankful for and why.

## MUSIC

**Sound of Appreciation:** Students identify sounds they are grateful for (rain, laughter, birds) and build a sound collage.

## FOREIGN LANGUAGE

### Cultural Gratitude Presentation:

Students explore a tradition of gratitude (e.g., Día de Acción de Gracias, Japanese arigatai, French gratitude etiquette) and share in the target language.

# 7 MINDSETS NOTES

**SCHOOL/DISTRICT**

**DATE**