

# ATTITUDE OF GRATITUDE

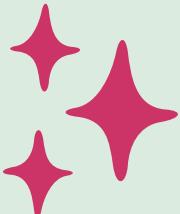
IDEAS FROM YOUR RIDICULOUSLY AMAZING SERVICES TEAM!

## 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 Beautiful Day  
U2
- 2 What a Wonderful World  
Louis Armstrong
- 3 Kind and Generous  
Natalie Merchant
- 4 In My Life  
The Beatles



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

## PRACTICE ATTITUDE OF GRATITUDE @ HOME

### Gratitude Photo Challenge:

Each family member uses their phone or a camera to take one photo every day for a week that represents something that they are deeply grateful for.



### Appreciation Vouchers:

Help kids create "Appreciation Vouchers" for each other or for their parents. The vouchers aren't for gifts, but for acts of service or kindness like "One Load of Laundry Folded" or "One Story Read Aloud."

### What I Appreciate About You Board/Mirror:

Place a small whiteboard or sticky notes near a frequently used mirror (or bedroom door). Throughout the week, family members write or draw something they genuinely appreciate about one specific person that week.



### Gratitude Soundtrack/Playlist:

As a family, build a collaborative playlist dedicated to gratitude, joy, and appreciation. Take turns adding one song and explaining why it makes you feel thankful and happy.

# 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

### Gratitude Through History:

Explore how historical figures or movements used gratitude or service as a catalyst for change (e.g., Nelson Mandela, Malala Yousafzai, MLK Jr.).

## MATH

### Growth Mindset Graphs:

Track personal progress in a math concept, highlighting appreciation for persistence and learning from mistakes.

## PHYS. ED

### "Thanks for the Assist" Team Games:

During a team sport (basketball, soccer, volleyball), students must verbally thank a teammate each time they receive a pass or help.

## ARTS

### "People Who Help Me Shine"

**Portrait Project:** Students draw or paint someone they are grateful for and write a short artist's statement explaining why.

## SCIENCE

### Science of Gratitude:

Introduce studies on the psychological and physiological effects of gratitude on the brain and health.

## ELA

**Gratitude Lens Journal:** After each reading, students write about what they appreciate—a character's courage, a relationship dynamic, or a lesson learned.

**Gratitude Journals or Blogs:** Students maintain a weekly reflection on people, experiences, or challenges that have taught them something valuable.

## MUSIC

### Gratitude Jam Session:

Each student improvises a short phrase representing gratitude. One by one, they layer their sounds into a gratitude ensemble.

## 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**