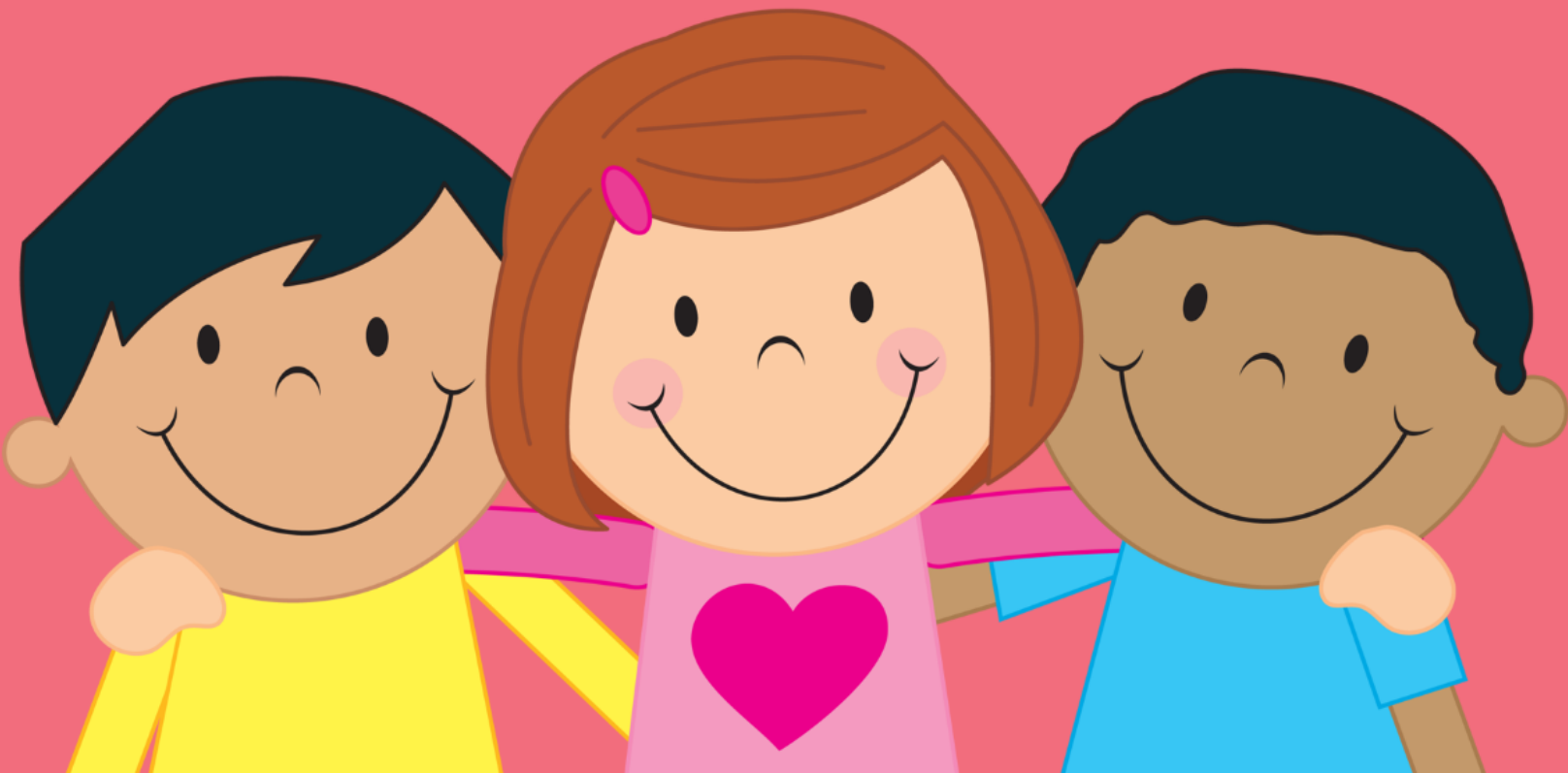


Gratitude as a Learning Strategy

When Complaining about
School Actually
Undermines their Learning



HOW TO USE THIS RESOURCE

Google Slides :

https://docs.google.com/presentation/d/1ZpDAYA9PcoAyKYWmdEUUsgsS8Ye3hXYN51V_Do4rPEA/copy

Video : <https://safeshare.tv/x/lrHJYeAVoKU>

Page 4: To Do list & Note Taking Worksheet for the video

Page 5: Complaints about School & Reframing

Page 6: I am Grateful

Page 7: Random Acts of Kindness

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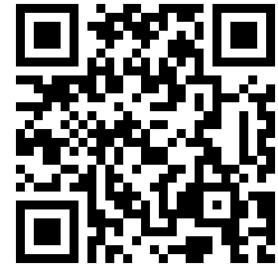
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Learning About Gratitude

- WATCH THE VIDEO <https://safeshare.tv/x/lrHJYeAVoKU>
- Take notes while watching the video.
- Complete the complaints about school exercise
- Choose a gratitude strategy you would like to try & discuss your results with your parents or in class.



Define gratitude: _____

Benefits of practicing gratitude:

- 1) _____
- 2) _____
- 3) _____

Some truths about gratitude that we must understand are:

Gratitude is a _____.

Gratitude must be _____.

Gratitude is an _____.

When we are grateful for our schools, teachers, classmates and subject materials, we are able to focus and be engaged in our class. Do you agree? Why or why not?

The video makes many suggestions on how to apply gratitude to your life. What are some suggestions you would like to try?

Why would a grateful person be more fun to be around?

I am grateful...

DATE:

Choose a sentence stem to complete your journal entry.

- I'm grateful that I am able to _____.
- I'm grateful to have experienced _____.
- I'm grateful to have (person/thing/experience) which brings me comfort, peace, joy, and love.
- I'm grateful that I have an opportunity to _____.
- I'm grateful for the lesson of _____.
- Grateful for PERSON/PLACE/THING.

Random Acts of Kindness

Brainstorm 30 ways that you can do a random act of kindness. They do not have to be extraordinary. It can be as simple as remembering to say thank you. Choose 1 to do everyday.

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