



# Gratitude – KS2



## LESSON PLAN - GRATITUDE

KS2

### Learning Objective

To learn what the word 'gratitude' means and discover different ways we can be thankful.

### Key Outcomes

- Establish the meaning of the word gratitude.
- Learn that we can feel gratitude for big things and small things as well as passing moments and constants in our lives.
- Encourage pupils to think about what they are grateful for, write them down, and share them with others.
- Introduce a culture of gratitude into the school with the possibility of ongoing gratitude activities in the classroom.

### Key Words

Gratitude  
Thankful  
Thankfulness  
Thank you  
Sharing  
Caring  
Kindness  
Positive

**See KS2 Teacher's Notes for all info on resources!**

### Watch video

Whole Class

2 mins

*10 Second Gratitude Challenge* <https://youtu.be/0IRQkSPzJWk>

This two-minute video, featuring our Bow-Wowza dogs, introduces the idea of gratitude and thankfulness to pupils, whilst also explaining why gratitude is good for the brain and how it makes us feel good.

### Introduction & Discussion

Whole class

10 mins

Points for group discussion following the video:

- What does gratitude mean? (*thankfulness*)
- Do you remember what the dogs were grateful/thankful for?
- What sorts of things are you grateful/thankful for? (Including big, constant things like family, nature etc, but also small daily things like a yummy lunch, someone being kind etc.)?
- How can we show others our gratitude? How can we show that we are thankful for something?



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**Now and Beyond**   
on Inside Out Day

## Main Activity Options

Choose one or more of the following gratitude activities to share with your class. If applicable, download the handout from the downloads list.

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|--------------------------|--------------|
| • Gratitude Circle Time  | 5-10 minutes |
| • Gratitude Challenge    | 10 minutes   |
| • Thank You Letter       | 15 minutes   |
| • Gratitude Moment       | 20 minutes   |
| • Gratitude Box          | 30 minutes   |
| • Gratitude Tree         | 20 minutes   |
| • Positive Daily Journal | 15 minutes   |

Please refer to the KS2 Teacher's Notes for information about each activity and the resources/handouts you'll need.

<b>Reflection</b>	Whole Class	5 minutes
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After reviewing the activity, the class comes together on the carpet and collectively thinks of three things to be thankful for that day. This might inspire a regular end-of-day activity in the classroom where pupils reflect on what they are grateful for and look ahead to their hopes for tomorrow.

<b>Extension</b>	Whole Class	2 / 5 minutes
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### Meditation

This meditation includes visualisations of things to be grateful for, allowing the child to really sit with the feeling of thankfulness. It might be used at the beginning of the day to start on a focused and positive note, or after lunch break to ground children back into the classroom. It also works as a lovely wind-down at the end of a lesson or day.

The KS2 offering includes options for a 2 or 5 minute duration – depending on how familiar with meditation the pupils are.

For more Bow-Wowza videos and activities to help support children's mental wellbeing and resilience, head to our website: <https://bow-wowza.com/schools>