



## Gratitude – KS2



### **BOW-WOWZA TEACHER'S NOTES**

#### **Why bring gratitude into the classroom?**

Showing gratitude, or thankfulness, for the good things in our lives can improve our mental wellbeing in many ways, including an increase in positive emotions and higher levels of optimism.

Teaching children to practise gratitude on a regular basis is of huge benefit for your pupils. In the short term it creates a happy classroom environment. Over longer periods it enables pupils to foster a positive connection with the world around them, and flourish as resilient and happy individuals.

The language of gratitude and thankfulness reinforces a positive outlook on life, and is key to building kindness and compassion - which help pupils feel happy, confident, and mentally strong. Therefore, we invite you to encourage pupils to use positive, 'thankful' language as a matter of course.

Below are a number of fun and entertaining activities which you can pick and choose from to create your own thankful classroom.



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### RESOURCES AND ACTIVITIES

#### VIDEO AND GROUP DISCUSSION

5-10 MINUTES

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

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.

Points for group discussion following the video:

- What does gratitude mean? (*thankfulness*)
- Do you remember why Dexter D said gratitude is important?
- Do you remember what the dogs were grateful for?
- What sorts of things are you grateful 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?
- Sometimes it isn't a person that we are grateful for - how can we make sure we are being grateful even if there isn't a person to thank?

#### GRATITUDE CIRCLE TIME

5-10 MINUTES

Pupils are asked to verbally share something they are thankful for with the rest of the group. This can lead to class discussion about why these are things to feel grateful for, and is a positive way to start the day.

#### GRATITUDE CHALLENGE

10 MINUTES

In pairs or small groups each pupil does the '10 Second Challenge' where they have to say as many things that they're grateful for as they can in 10 seconds. (Time limit can be moved or changed!) As a kind and fun twist, pupils can also share what they're thankful for about the student/students that they are working with.



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### **GRATITUDE POSTER**

**15 MINUTES**

Pupils are asked to create their own 'I am grateful for...' poster or mind map on a blank sheet of paper. Children draw themselves in the middle of a piece of paper with a spider diagram of all the things they are thankful for around them.

### **THANK YOU LETTER**

**15 MINUTES**

\*downloadable handout accompanies this activity

The pupils write thank you letters to a friend or family member telling them how grateful they are for them or for something they have done. Letters can be shared with the class and pupils are invited to give them to the person they have written to.

### **GRATITUDE MOMENT**

**15-20 MINUTES**

\*downloadable handout accompanies this activity

Pupils write down or draw something they are grateful for today on the worksheet. This activity can be repeated on a regular basis in the classroom to encourage pupils to frequently think of things they are grateful for.

### **GRATITUDE BOX (WITH GRATITUDE CARDS)**

**30 MINUTES**

\*2 downloadable handouts accompany this activity

In this activity, pupils get creative making and decorating a special box to put their daily 'gratitudes' in. A box can be made for each table, or you could make one box for the whole class. The pupils then use the GRATITUDE CARDS to draw pictures of what they're thankful for, or write simple words or sentences, before posting them into the box.

### **GRATITUDE TREE (WITH GRATITUDE LEAVES)**

**15-20 MINUTES**

\*2 downloadable handouts accompany this activity

Each pupil writes or draws something they are grateful for on GRATITUDE LEAF. They can decorate it before adding it to a large group tree. This can be done in small groups to



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create a whole class forest of many trees, or a big class display can be created with everyone's gratitude leaves together on one big tree.

*Hint: GRATITUDE TREES/BOXES can be kept in the classroom long-term. Students can add to them weekly, monthly, etc - whenever you feel like they need a little boost of positivity!*

### **POSITIVE DAILY JOURNAL**

**15 MINUTES**

\*downloadable handout accompanies this activity

The pupil records the good things about their day that they are grateful for and a hope for tomorrow. This worksheet might inspire a daily end-of-day activity in the classroom as the positive impacts of practising gratitude are strengthened with repetition.

### **GRATITUDE REFLECTION**

**5-10 MINUTES**

A 'carpet time' activity. The class collectively thinks of three things to be thankful for today. This might inspire a regular end-of-day activity in the classroom where pupils reflect on their 'gratitudes' of the day and look ahead to their hopes for tomorrow.

### **MEDITATION**

**2 MINUTES / 5 MINUTES**

\*downloadable audio accompanies this activity

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 focussed 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>