

LESSON PLAN

The Positive Planner

KS4

Subject:
Health and Wellbeing

Date: January 2022

Topic: Gratitude and Journaling

Lesson designed by: Ali McDowall

Lesson Focus and Goals:

To explore the practice of being thankful through writing. First to understand it's meaning, then to try and find some examples in the students personal life.

Materials Needed:

Printed PDF and a Pen.
Possibly a timer if there is no clock in the classroom.

Learning Objectives:

To understand how being thankful can positively impact one's mental health and wellbeing.

Structure / Activity:

First the facilitator may share their own experience of gratitude.

It is important to relate it to it's opposite; resentment/comparison/envy and ungratefulness. This will help illustrate the negative effects these thoughts can have on mental health.
Then to highlight the positive effects of being grateful.

If the facilitator wishes to open up to the classroom for discussion the first exercise 'what 3 things' could be interesting to hear what peers say.

Then instruct some quiet time for the first journaling prompt.

Set the timer for 3 minutes and ask students to try and write about what they are grateful for in detail. It is important to say that they cannot get this right or wrong. Journaling is more a stream of consciousness.

Then discuss how they felt after they wrote those things down.

Ask them to illustrate the spider diagram for the things that stand out as the most important to them.

To solidify the positive impact ask them to evaluate and describe how using gratitude could help them look after their mental health and keep negative thoughts at bay. Ask the class if they felt it would be helpful to implement. Could they write 3 things down a day for example?

Note to the facilitator:

Journaling or practicing gratitude may be completely new to some students in the class. Being open and even vulnerable with them about your own experiences may help to deepen their connection with this subject. For example did you keep a diary when growing up?

Having a creative outlet such as a journal can be so beneficial to the student, is there a way you can encourage positive tools such as journaling, bullet journaling or keeping a gratitude diary?

There is no assessment for this kind of journaling, it is important to keep it light and stress that there is no need to worry about how neat or grammatically correct their work is.