



Young Black Psych

Making a Positive Change to Young Minds.

AGES 5-7 LESSON PLAN: ALL ABOUT GRATITUDE



LESSON OBJECTIVES

- ★ To learn what it means to be 'grateful' and to learn about different ways to express gratitude and be thankful.
- ★ To learn what an 'affirmation' is and when we might use them.

KEY OUTCOMES

- 🔑 Establish what the word Gratitude means and to be able to write at least three things students feel grateful for.
- 🔑 Learn about and encourage students to use affirmations.

🔑 KEYWORDS 🔑

Gratitude

Thankful

Thankfulness

Affirmations

Sharing

Caring

Kindness

Positive

MAIN ACTIVITY OPTIONS

Choose one or more of the following gratitude activities to share with your class and print out any handouts included in this lesson plan.

ACTIVITY 1:

THINK HAPPY THOUGHTS (5-10 MIN)

♥ Ask students about some of the things that make them happy. This can include big constant things (like their bedrooms or their family) or smaller day to day things (like their games or someone being nice to them). Give examples of things that you might be grateful/thankful for.

Then, allow the students to get into pairs or threes and share some of the things they each feel makes them happy. After 5 minutes, ask pupils to share one thing they found out about a person in their pair/group that makes them happy.

For example: Mark, who is in a group with Ella and Reece might say: "Ella said that listening to music makes her feel happy"

Some useful prompts might include:

"I am grateful for Mom and Dad when..."

"I am grateful to learn..."

"I am grateful to eat..."

"I am grateful for my favorite..."

It may be helpful for some children to have answers written on the board at the front.

ACTIVITY 2:

NAME 3 THINGS YOU FEEL GRATEFUL FOR (10 MIN)

♥ Using the printable handout on the next page, ask the students to think about today's topic on Gratitude, and to give examples from earlier discussions on the different kinds of things people can be grateful for.

This activity can also be broken down a step further, by asking pupils to recap in pairs/threes.

Encourage pupils to then write down up to three things they feel grateful for.





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**LIST 3 THINGS
YOU ARE
GRATEFUL FOR**

1.

.....

2.

.....

3.

.....

ACTIVITY 3:

WRITE AN AFFIRMATION (5-10 MIN)

♥ Ask the students about their understanding of the word Affirmation. Remind students that it's important to be kind to ourselves and the best way to do that is through affirmations. Ask the students to complete the following prompt: "I am..." and write the responses on the board at the front.

I AM

LOVED

AWESOME

BEAUTIFUL

SMART

UNIQUE

COURAGEOUS

CREATIVE

STRONG

LEARNING

CARING

KIND

CLEVER

ENOUGH

TALENTED

HEALTHY



ACTIVITY 4: DRAW (15-20 MIN)

- ♥ Get the students to draw pictures of the things that they are grateful for and to then write an affirmation besides their drawing which they can practice saying to themselves for the week. Words can be taken from the list on page 5.

Bonus: Use our colouring sheets via the downloads list on the Beyond Resource website or our website www.youngblackpsych.com/freeresources and get the students to write their affirmation on the picture of their choice.

We hope you enjoyed using this lesson plan and if you would like access to more activities then head to our website where you can purchase your very own pack of A-Z Coping Strategy Cards. Each pack comes with a QR code which links to guide on how to use the cards, activity ideas as well as a bonus blank card for you to print out and add to your pack making your set super unique!

Shop Here: www.youngblackpsych.com/shop

Much Love,
Shy and Lauren
Co-Founders of Young Black Psych Ltd.

