


Iheart Gratitude lesson Plan ©(Ages 11-14)

Subject:	Gratitude	
Unit/Term:	Now and Beyond Festival	
Year Group:	Ages 11-14	
Teacher:		
Focus of Lesson:	To understand the importance of gratitude and to show our appreciation for the people, things, circumstances and places around us.	Learning Objectives: To Create a Gratitude Poster.
Prior Knowledge:	N/A	Success Criteria: I can suggest why it's important to be grateful I can think of people, things, places and circumstances that I'm grateful for. I can create my own poster to show my gratitude.

Lesson Outline	
Starter 10 mins	<ul style="list-style-type: none"> - Play Children the short animation video Snack Attack https://www.youtube.com/watch?v=38y_1EWIE9I <p>After the video discuss how easy it is to overlook people or situations in our life where we can be grateful.</p> <ul style="list-style-type: none"> - Explain how easy it is to forget other people's kindness towards us and instead overlook or even misunderstand them. - Ask children to brainstorm any situations where they have misunderstood or failed to recognise when someone does something nice for them. E.g. A parent/carer who helps them with homework. A compliment from a friend. Go round and share as a class. <p>Ask children to brainstorm and share situations where they take someone or something for granted.</p>

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Main 40 mins	<p>Share the LO: To Create a Gratitude Poster</p> <p>-Explain that we will be creating our own gratitude posters to show our appreciation for the people, objects, talents or circumstances in our lives. Create a list with the class on a whiteboard / smartboard:</p> <p><u>Eg for People</u> I am grateful for my: Friends Grandmother Guitar teacher Work colleague</p> <p><u>For Objects:</u> My Nike trainers My X-box My bike Pizza</p> <p><u>For Talents:</u> I'm good at football I'm good at dancing I can speak two languages</p> <p><u>For Circumstances:</u> I'm grateful to be near a nice park I'm grateful I live near my friends.</p> <p>-Encourage the children to create their own lists. Give them 10 mins for this -After they have done this model how they can put some of these things into a poster. -Draw an example from the list you've created previously on the whiteboard. It could be a picture with some illustrations of some family, friends, your pet dog, your favourite place or favourite things. -Give them 25-30 mins to complete this. Encourage them to be creative and for the posters to be bright and colourful.</p>
Plenary 10 mins	<p>Bring the Whole class together and give children the chance to share the posters they have created.</p> <p>Thank them for their work today. Ask them to share one thing they will do differently after doing this activity.</p> <p>E.g. Being kinder to their little sister.</p>

Resources:	<p>A4 paper to create their lists A3 paper to create their posters Colours, enthusiasm. Youtube video link https://www.youtube.com/watch?v=38y_1EWIE9I</p>		
Homework:	<p>To put into action one way or ways they can show their gratitude and appreciation to those people around them.</p>	Other:	<p>Completed posters can be used for a classroom display or assembly</p>