

# Lesson Plan

Year: Secondary

Duration: 1hr

Topic: Gratitude

## Lesson Objectives:

- What is Gratitude?
- How can reflection improve my confidence and self-worth?
- How do I take advantage of the little things in life?

## Resources Needed:

- Worksheets
- Powerpoint
- White-Board/Smart Board
- Pen/Pencil

## Starter:

Go over ground rules (slide 2) as a class.

What is Gratitude? - Brainstorm as a class (slide 3)

**Suggested Duration - 10minutes**

## Activity 1:

What are you proud of? - Brainstorm as a class (slide 4)

Some examples may include: grades, getting up, handling situations, helping someone out etc (slide 5)

Give students 5 minutes to complete task 1 on the worksheet

**Suggested Duration - 10minutes**

**Activity 2:**

What life experience (good or bad) have I that I'm grateful for? (slide 6)

Think, Pair, Share

Brainstorm ideas as a class

Give students 5 minutes to fill out task 2 independently

**Suggested Duration - 15 minutes**

**Activity 3:**

Gratitude Questions (slide 7)

Self-Reflection - Task 3 is to be completed independently.

**Suggested Duration - 15 minutes**

**Consolidation Task:**

How do you feel after that lesson?

Discuss as a class what they have learnt during that lesson and how they feel after it (slide 8)

**Suggested Duration - 10 minutes**

**Things to consider:**

- Ensure you follow your school's safeguarding policies and procedures if any safeguarding concerns arise.
- It's not important for pupils to answer all questions if they feel uncomfortable, this is a resource to enable conversations to take place.
- Any issues or feedback with this worksheet, please contact us at [sparkuk20@gmail.com](mailto:sparkuk20@gmail.com)