

BBC Children in Need: Gratitude

<p>Aim: I can discuss things I am thankful for and I can focus on the things I do have, rather than the things I do not have.</p>	<p>The Big Questions: How can we be thankful for the things that we have? How can being thankful help to make us happy?</p>	<p>Resources: Lesson Pack Split pins – one per pair Pencils – one per child Modelling clay – one piece per child</p>
<p>Success Criteria: I can name things I am thankful for. I can show my gratitude in different ways. I understand that being thankful makes me and others happy.</p>	<p>Key/New Words: Gratitude, thankful, thanks, grateful, gracious, appreciation, positive, happy, valued, fortunate.</p>	<p>Preparation: Be Thankful Spinner Activity Sheet – one per child (you may want to copy this onto thin card).</p>

Learning Sequence

	<p>Saying Thank You: Start by discussing the Big Questions together on the Lesson Presentation. Ask children to consider the last time they said thank you and the sorts of things they thank others for. Encourage talk partners to share their ideas.</p>	
	<p>Being Grateful: Discuss what the word grateful means and ask children to think about five things they are grateful for, listing them on their fingers. Share some examples, steering the discussion in the right direction, as needed. (It might be good to list five things you are grateful for first, to model some ideas to the children. These could be tangible things, such as family members, a place to live, food to eat, a pet, a car, etc. or they could be more abstract concepts such as being grateful for your health.) Next, using the Lesson Presentation to guide the discussion, think about ways in which we can show others we are thankful and ways in which we can be thankful for what we have. Explain to the children that even people who have very little can be thankful for what they have and live happily.</p>	
	<p>Thankful People Are Happy People: Help the children to consider how focusing on what we do have is a positive thought, yet focusing on what we do not have is a negative thought.</p>	
	<p>Thankful People Are Happy People: Read out the quote about happiness to the children and ask them to think carefully about what the quote could mean, or how they would explain it to someone else. How does being thankful make us happier?</p>	
	<p>I Am Thankful for...: Using the Be Thankful Spinner Activity Sheet, the children cut out and make the spinners, using split pins. They can then play the game by spinning the arrow and thinking of something to be thankful for, in the category the arrow lands on. This could be played in pairs or small groups.</p>	
	<p>Thank You for the Memories: Explain to the class that even when we think we don't have anything to be thankful for, we do. If a good time has come to an end, or something that made us happy isn't around anymore, we still have the memories – and we can be thankful for that. Ask children to sit quietly, relax and close their eyes and think of a special memory that makes them feel happy.</p>	

	<p>Supporting: It would be helpful to pair children up in mixed ability pairs, so that ideas and language might be shared or modelled between pupils.</p>
	<p>Extending: Children could be encouraged to draw or write some of the ideas they have talked about during the spinner game.</p>

	<p>Developing: Teach children the song Autumn Days, which mentions many things for which to be thankful. They could perhaps, as a class, create a new verse for the song. As a class, you could also learn about the American festival of Thanksgiving, looking at the things people give thanks for and how they celebrate with family and friends.</p>
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