

Lesson plan

The gifts of gratitude

Becoming  Education

RELATIONSHIPS

Respectful operator

Year

5

Length

40+

VER 1.0

PLEASE DO NOT PRINT
THIS COVER SHEET

What this lesson is about

Exploring the impact on self and others of showing gratitude.





Learners will become...

- 1 Informed that gratitude can increase happiness.
- 2 Appreciative of themselves and others.
- 3 Willing to stop and notice their surroundings.

Keywords

Humility, Appreciation, Reflection, Success, Journalling, Happiness, Acknowledgment.

Lesson components

1 Introduction	<ul style="list-style-type: none">• Bear Grylls film• Definition of 'respectful operator'• Class question	 5 mins
2 Core concepts	<ul style="list-style-type: none">• Evidence-based learning• Insights from interviewee film (Roger Federer)• Recap key themes	 15 mins
3 Activity: Diary of a grateful kid	<ul style="list-style-type: none">• Students create personal gratitude journals	 15 mins
4 Reflection	<ul style="list-style-type: none">• Review key points• Determine next steps	 5 mins

Timings are suggestive - adjust to suit your class

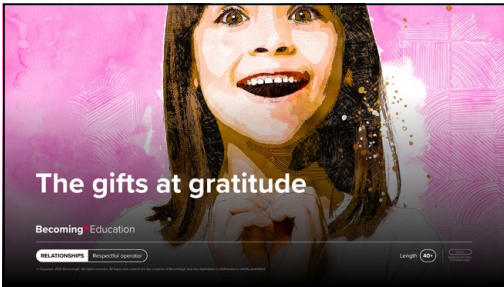
Additional Resources

None required.

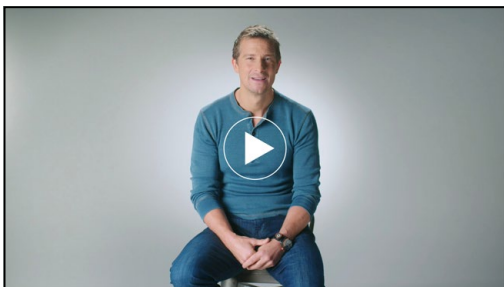
References

1. Ackerman, C. (2020). What is Positive Psychology and Why Is It Important?. Positive Psychology. Online.
2. Greater Good Science Centre, UC Berkeley. (2018). The Science of Gratitude. Online.
3. Diebel, T., Woodcock, C., Cooper, C., & Brignell, C. (2016). Establishing the effectiveness of a gratitude diary intervention on children's sense of school belonging. Educational and Child Psychology, 33(2), 117–129.

Introduction 5 mins



Cover slide



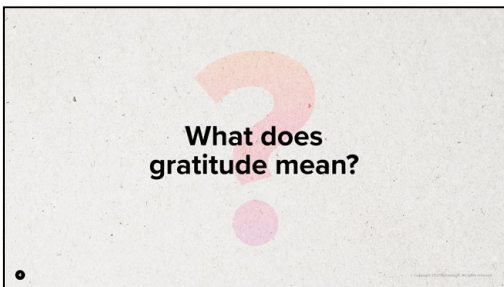
Video: Inspiration from Bear

- Play Bear's film (the video will play automatically)
- Bear introduces the lesson and motivates students to be respectful operators



Video: X model

- Play the video of the X model (the video will play automatically)
- Explain that these are all things we can work on in order to succeed in life
- Explain that today we are focused on one aspect - being a 'respectful operator', using the definition provided

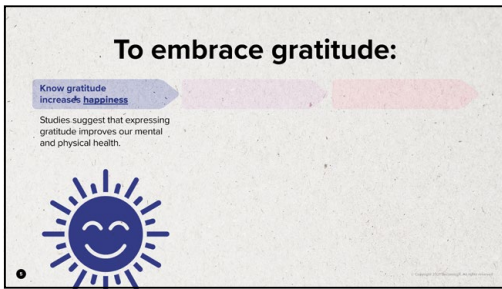


Question

- Read the question to the students
- Give them about 30 seconds to silently consider the question
- Select a few students to explain their thoughts

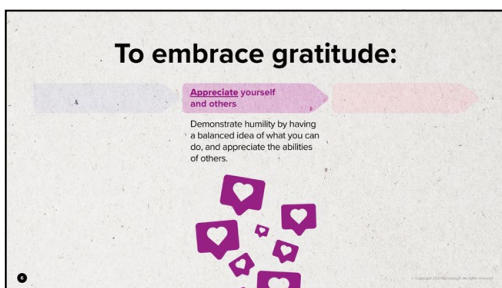
Core concepts

🕒 15 mins



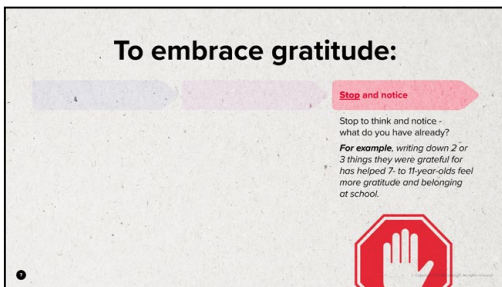
To embrace gratitude (1)

- Explain that the following points are backed up by research and evidence (see References above)
- Check understanding: After explaining this point, give them a short timer to explain what this means in their own words. They can do this independently in their heads, or on paper/mini-whiteboards. If time, ask them to quickly share their thoughts with a talk partner. Then select a few students to share with the class



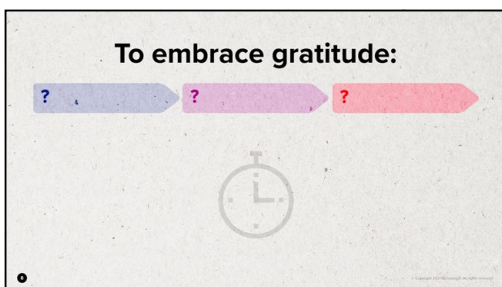
To embrace gratitude (2)

- Explain the key points
- Check understanding: As detailed for point (1)



To embrace gratitude (3)

- Explain the key points
- Check understanding: As detailed for point (1)



Quiz

- Give students a short time limit, e.g., 1 minute, to write down (on mini whiteboards or paper) or tell their talk partner what they think each heading was. The answers are on the next slide



Answers

- Students can use this slide to check they remembered the key points



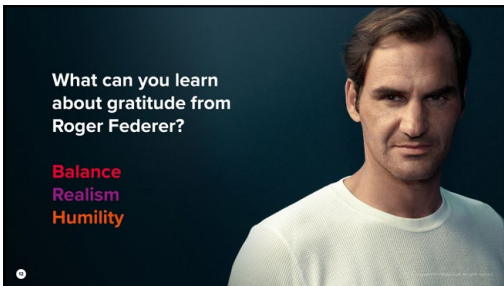
Video: Introducing Roger Federer

- Play the video of Mwaksy introducing Roger - use the below if needed
- Despite becoming one of the greatest tennis players of all time, he started on court 23 as a qualifier, and lost his first game 6-0, 6-0. He set up the Roger Federer Foundation in 2003, helping over 1.5 million children access education and sport
- Learn more [here](#)



Video: Roger Federer

- Play Roger's film (the video will play automatically)
- Roger talks about appreciating his success



Reflection

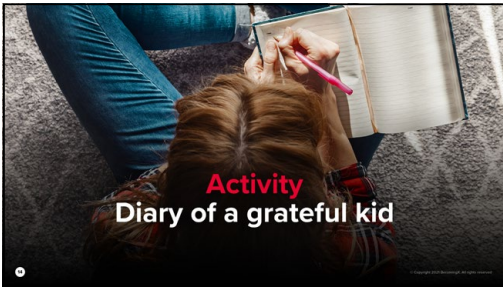
- Share the question which reflects on Roger's film
- Highlight that the key themes are there to help students answer the question
- Students can reflect silently, and then ask a few students to share their thoughts
- Encourage students to use specific examples and to refer to the evidence shared earlier



Discuss key themes

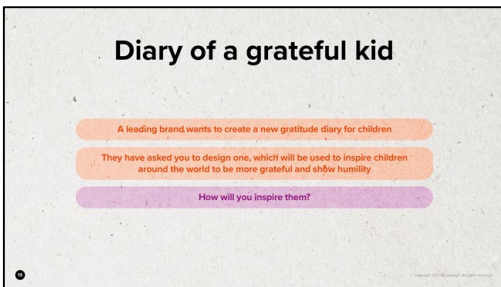
- Recap key learning
- Depending on time, either ask students to discuss with the person next to them or share their ideas with the class

Activity 15 mins



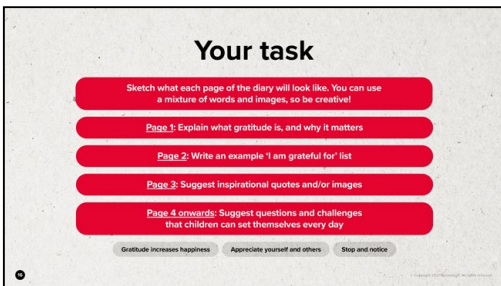
Activity introduction: Diary of a grateful kid

- Explain that students are going to put what they've learnt into practice
- Students are going to create personal gratitude journals



Activity context

- Explain the background to the activity



Activity instructions

- Explain the task and ask a student to explain it back to you
- Students then do the activity (they can also record their thoughts)
- Pause students part-way through and select students to share their work: check they're on track and refer to key learning
- Depending on time, ask volunteers to share their design with the class

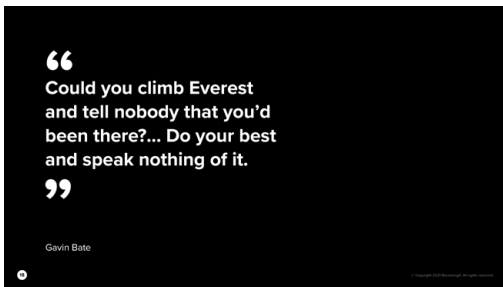
Reflection

🕒 5 mins



Reflection

- Test students remember the key takeaways
- Ask them to write down their answers
- Ask a few students to share their answers
- Ensure they all refer to the key takeaways



Inspirational quote

- Leave this slide up while students transition to the next class
- It is intended to inspire and provoke thinking, and doesn't need to be discussed (unless you wish to!)