



Gratitude in the Classroom

Gratitude is an expression of a student's affirmation and appreciation for the gifts, benefits, and supports received from others (family, peers, teachers...)

For the item, "Since yesterday, I have felt thankful?" students' responses were:
Not at all true: 9% A little true: 23% Pretty much true: 37% Very much true: 31%

Gratitude Journal

Have students keep a weekly journal in which they record 5 things from the past week for which they are grateful. Each day, students can jot down 1 thing before class begins. Set aside 10 minutes a week.

Gratitude Visit

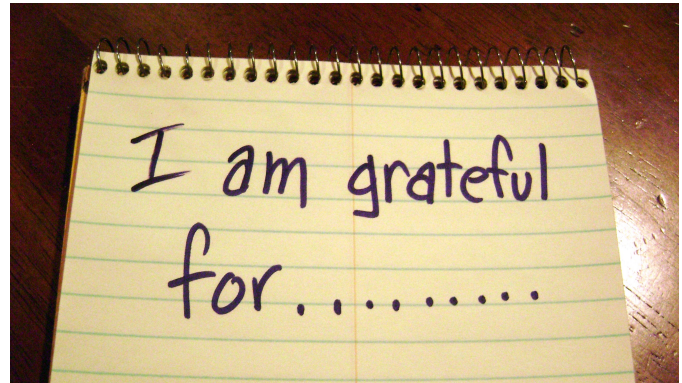
Students can write a letter to someone who has helped them but whom they have never properly thanked. Then the students read this letter to the person and share with the class. This can be held on a monthly rotation, with several students from the classroom a month in charge of making a gratitude visit and reporting their experiences.

Gratitude Raffle

To motivate students to participate in gratitude activities, award raffle tickets to students based on their participation, such as one raffle ticket for every week they complete their gratitude journal. A gratitude raffle can also be a standalone, with students earning raffle tickets every morning they show gratitude for someone or something.

Schoolwide Gratitude

Hold schoolwide annual or monthly gratitude days with assemblies focused on the topic or highlighting appreciation of specific students and school staff. Adults can also model grateful behavior around school.



Grateful students do better in school.

Studies show that students experiencing gratitude in the classroom report...

- More connection to school.
- Feeling closer to their teachers.
- More meaning in life.
- High GPAs.
- Being prosocial.
- More positive emotions.

Gratitude is good for teachers, too.

Resources

What is Gratitude?

Fostering Gratitude in Schools

Gratitude: A Powerful Tool for Your Classroom

Gratitude Works Program

For more information about the Social Emotional Health Survey, see: www.project-covitality.info