

Showing that you are Thankful: What is GRATITUDE?

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Goals

- Define gratitude
- What can I do to show someone I am thankful (practicing gratitude)?
- Using “THANKS”
- Ideas for Random Acts of Kindness
- Writing a Thank You note
- Gratitude Journal
- Things to remember about gratitude

What is gratitude?

grat·i·tude: 

the quality of being thankful;
readiness to show appreciation
for and to return kindness.

Practicing being thankful

Magic words



What do you think they are the magic words?

Practicing being thankful

Please
and
thank
you

are still
magic words!

{No matter how old you are!}

Practicing being thankful

You can do many things to show someone you care.

You can...

- Set and clear the table
- Dust the furniture
- Feed pets
- Pick up toys
- Help to cook meals
- Carry in some groceries
- Mop areas with help
- Take laundry to the laundry room
- Give hugs
- Give smiles

Some ideas of other things you can do...

Let a sibling go first 1	say something nice to someone 2	Decorate Kindness Rocks 3	share 4	Play with Someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8	Put a dollar on a vending machine 9	HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Give a hug 17	Color a picture for someone 18	Say "thank you" 19	Make a handmade gift 20
Leave a thank you note 21	Clean up without being asked 22	GIVE A COMPLIMENT 23	Let someone else go first 24	Say "I love you" 25

Tips for Writing a Thank-You Note



Send it as soon as possible



Be positive and sincere



Make it personal



Proofread carefully before sending

One way to always remember

Think “THANKS”

T	Thank others
H	Help others
A	Appreciate (be thankful) what you have
N	Notice the good things
K	Know your gifts (what you are good at) and notice other people's gifts (what they are good at)
S	Serve others when you can (acts of kindness)

Gratitude

Writing



Keep a weekly journal and write about one thing you are thankful for each day. Use the hints below to help you.

Day	What are you thankful for?	Why?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

friends family school food health body
teachers doctors nurses parents

You can set up your own gratitude journal, if you would like to...

Just one example



Things to remember about gratitude:

- Be thankful everyday
- The “Magic Words”



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QUOTES

- Be present in all things and thankful for all things.
- Gratitude turns what we have into enough!
- Thankfulness is the quickest path to joy.
- Be thankful for everything that happens in your life; it's all an experience.
- Reflect upon your present blessings--of which every man has many--not on your past misfortunes, of which all men have some.
- When you practice gratefulness, there is a sense of respect towards others.
- We must find time to stop and thank the people who make a difference in our lives.

Thank you

It has been a pleasure to work with you all and please know that I wish you only the very best always--enjoy the summer! Can't wait to see you again next year at Westwood.

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