



EPISODE SIX – TIVY HIGH

EXPRESS GRATITUDE

BELIEVE IN YOU LESSON PLAN





JOURNAL/OPENER (5-10 MINUTES)

- Explain briefly what gratitude is. Example: Being thankful and ready to show appreciation and return kindness.
- Explain to students briefly what self-gratitude is. Self-gratitude is sometimes difficult to have especially when most of us learn to think of others before ourselves. While putting others first is a great quality to have, it can also hinder you from being self-aware. It's important to practice self-gratitude so that you can gain the confidence and leadership to reach out to others.
- Have students think of a few things about themselves that they are grateful for. Allow them to share their thoughts with their classmates.
- Share with students that they are going to watch a video displaying gratitude. Prompt them in thinking of how practicing self-gratitude can enable them to help others and to watch to those examples to discuss following the video.

EPISODE SIX – TIVY HIGH

(FILM: 10 MINUTES/58 SECONDS)

- Post video discussion question:
 - There were a lot of examples of gratitude displayed in this video. What ways did Zack express his gratitude, and what were some examples the students at Tivy High expressed their gratitude?

THANK YOU (15-20 MIN)

- Ask students to think of someone (can be 1 or 2 people) in the school (student, teacher, guidance counselor, support staff, etc.) who has been helpful to them in some way and who they would like to thank.
- Have the students write and/or draw a card that communicates their appreciation.
- After completed, allow students to discuss in groups how it felt to express their gratitude then allow to share openly to whole class.
- Ask students if they could think of a time when they wished they had showed more gratitude.
- Ask the students how this small project of great appreciation and gratitude can affect their school climate. Encourage the students to reach out expressing gratitude in some way several times a week and challenge them to reach out to other students to do the same.



CLOSURE/REFLECTIONS (5 MIN)

- Have students think about the act/gesture they wrote thank you notes about.
- Have students respond to the following questions:
 - Why did this act/gesture happen?
 - What does this mean to you?
 - What can you do tomorrow to enable more of this?
 - What did you learn about taking time to express your gratitude?
 - What ways can you or others contribute?
- Distribute or post thank you notes. In a few days, ask students what kind of feedback they received from the gesture.



DAILY MINI-LESSONS

EPISODE SIX – WEEK ONE

EXPRESS GRATITUDE

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Attitude of gratitude.
2. Go Be Great.
3. Make a difference: share a smile.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about helping others. Use the motto all month long as the class aspires to help others.

DAY FOUR

THOUGHTFUL THURSDAY

1. What does this expression mean: “Express Gratitude?” 2. Who do you know that deserves some appreciation or a gift of service? 3. How do you express your personal gratitude? 4. What is a way that you can make wishes for others come true?

DAY FIVE

FUN FRIDAY

Create a class road map/list of ways that your school can constantly show gratitude.



DAILY MINI-LESSONS

EPISODE SIX – WEEK TWO

EXPRESS GRATITUDE

DAY ONE

MAKE A DIFFERENCE MONDAY

What can you do individually to help others? Unity Day, Plan an anti-bullying or hazing day on your campus.

DAY TWO

TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing on ways to overcome fear.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Have your class work together to write a communal story. Start with one sentence on the board. Have your students take turns coming up to the board and adding one sentence to the story. Each person will be able to use his or her creativity to further the story. Focus on ways to support others.

DAY FOUR

THOUGHTFUL THURSDAY

Create signs to post in the classroom or around the school hallways to promote a unity project. Bullying is nothing to cheer about is a great slogan.

DAY FIVE

FUN FRIDAY

Pay it forward Friday. Create a letter writing campaign or collection of notes that can be shared with those in need.



DAILY MINI-LESSONS

EPISODE SIX – WEEK THREE

EXPRESS GRATITUDE

DAY ONE

MAKE A DIFFERENCE MONDAY

Class discussion: What stands between you and giving back? How can you give back?

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? How can you, personally, help others and ensure that other students are not being bullied or are not part of a hazing experience?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second “commercial” for helping others and mentorship. The commercial is a 90 second video that can be created using a phone or classroom technology.

DAY FOUR

THOUGHTFUL THURSDAY

What is a unity project that your school can implement? How can you, your class, or group start a project that includes many students working together?

DAY FIVE

FUN FRIDAY

Take the first steps. Share ways to change the way people think about others.



DAILY MINI-LESSONS

EPISODE SIX – WEEK FOUR

EXPRESS GRATITUDE

DAY ONE

MAKE A DIFFERENCE MONDAY

Students take out their whiteboards or some scratch paper and then give them the assignment to define Bullying and Hazing. What are some ways that you can help others to ensure they know where to find help?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Sit and reflect for ten minutes on yourself and others that may need an extra bit of encouragement.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Film the 90 second commercial from the previous week. Allow students to edit, put music to the video etc. and be prepared to show the video the following week.

DAY FOUR

THOUGHTFUL THURSDAY

Express Gratitude. What is an idea or project that you think would be helpful in your school?

DAY FIVE

FUN FRIDAY

Watch a video on the Make a Wish foundation.



DAILY MINI-LESSONS

EPISODE SIX – WEEK FIVE

EXPRESS GRATITUDE

DAY ONE

MAKE A DIFFERENCE MONDAY

Write a few gratitude notes. Fold the note where it can be placed in an inconspicuous spot. Hide the notes around campus for others to find.

DAY TWO

TAKE TIME FOR YOU TUESDAY

Ten minutes of quiet time. Play a song and encourage students to completely decompress.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Show the 90 second video from previous week's activity

DAY FOUR

THOUGHTFUL THURSDAY

Journal Prompt: Take ten minutes to write the answer to the question. I express gratitude through...

DAY FIVE

FUN FRIDAY

All school challenge find a way that your school can offer a wish for a student that is part of the Make a Wish program.



SUGGESTED WRITING TOPICS

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a one page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of Records, what would it be for?**
- **What would you do, if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**