



APPRECIATE

Activity Guide 1

What Is Gratitude?

Key stage 2 • Years 3 - 6

ACTIVITY 1: What Is Gratitude?

Learning objective:

- ▶ Your child considers, understands and articulates what gratitude is.

Learning approach:

You will probably need to prompt and help your child with this. We suggest using the following language:

- ▶ Gratitude is how we can express our thanks to others when they help us. It's also how we express our thanks for an experience or for something about ourselves.
- ▶ It is important to show people that we are happy when they help us, because then they will do it more and more.
- ▶ When we thank someone for helping us it makes them feel happy and it makes us feel happy too.
- ▶ That is why it is important to show our thanks to people that help us. Once this is clear then you can explore lots of examples of how it feels to be thankful.

Ask your child to write a letter to someone (real or imaginary) explaining what gratitude means, and describing what your child currently feels grateful for. Why not include some drawings?

Top tip:

- ▶ It's always useful to share real-world examples of gratitude with your child that involve your family or friends.

We'd love to see photos of the activities in action! Why not share your pictures at:

