



# APPRECIATE

## Activity Guide 5

### Gratitude Lucky Dip

Key stage 2 • Years 3 - 6

## ACTIVITY 5: Gratitude Lucky Dip

### Learning objective:

- ▶ To help your child to articulate and notice what they are grateful for.
- ▶ To get into the habit of regularly thinking about what we are grateful for.

### Learning approach:

Make a gratitude lucky dip jar containing slips of paper with 'People', 'Place' or 'Activity' written on them. Design the slips yourself and give them plenty of colour! (we've included a Gratitude Lucky Dip printable from Key Stage 1, and you can use this if you like - but in Key Stage 2 we'd like the children to have a go at designing their own).

Explain to your child that in this exercise they'll pick a gratitude slip out of the jar and then think of something that they are grateful for in that category.

This is a simple way to stimulate thoughts about gratitude for those who may find it harder to come up with ideas, or who seem to always mention the same thing when asked what they are grateful for.

Once a week (or however often you desire), we suggest you gather around the lucky dip jar and pick out a slip.

Read what is on the slip and encourage your child to share something in that category - this might be a person, place or activity.

When they have shared what they are grateful for ask them a few follow-up questions so they really get the chance to reflect on what they are grateful for.

### Resources needed:

- ▶ Plastic container or box to house the pieces of paper slips
- ▶ Straw or some other bulk material to help disguise the pieces of paper
- ▶ Slips of paper with different categories of gratitude (our template will help get your child thinking)
- ▶ Gratitude lucky dip sign (our template will help get your child thinking)

## Top tips:

- ▶ Encourage your child to colour in the template hearts and gratitude lucky dip sign, so they feel ownership of the activity.
- ▶ Repeat the activity as much as possible - the more practice your child gets, the more they will get out of it.
- ▶ Why not have the grown-ups in the house use the Lucky Dip too? You'll be amazed at how lovely it is to share gratitude with each other!

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



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