



APPRECIATE

Activity Guide 1

What Is Gratitude?

Key stage 1 • Years 1 & 2

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.

We suggest the following conversation-starters to get your child talking about Gratitude and embed their understanding:

- ▶ Share how you feel when someone says 'thank you' to you.
- ▶ Ask your child to share how they feel when someone is thankful to them.
- ▶ Share how you feel when someone helps you and you say 'thank you'.

Top tip:

- ▶ It is great if you are able to share real-world examples of being thankful that involve your child and their wider family or friends.

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



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