



APPRECIATE

Activity Guide 5

Gratitude Lucky Dip

Key stage 1 • Years 1 & 2

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 by using the templates provided to create lots of different love hearts each with either 'People', 'Place' or 'Activity' written on them. Print and cut out the templates and have your child colour them in.

Explain to your child that in this exercise they'll pick a love heart 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 a love heart.

Helping them where necessary to read what is on the love heart we ask that you then encourage them 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
- ▶ Straw or some other bulk material to help disguise the pieces of paper
- ▶ Heart shapes piece of paper with different categories of gratitude (use our template or feel free to make your own)
- ▶ Gratitude lucky dip sign (use our template or feel free to make your own)

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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