



APPRECIATE

Activity Guide 1

Understanding Thankfulness

ACTIVITY 1: Understanding Thankfulness

Learning objective:

- ▶ Your child understands what gratitude is (we use the word 'thankfulness' with the children).
- ▶ Your child understands how it feels when we say thank you and when we receive thankfulness.
- ▶ Your child understands why it is important to be thankful.

Learning approach:

The key outcome of this lesson is that your child understands that being thankful is a really important skill. We help them to do this by showing them that gratitude is all around us.

Sit your child down and start to introduce what being grateful or thankful means.

We suggest using the following language to do this:

- ▶ Being thankful is part of how we show people that we are happy when they help us.
- ▶ 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.

After you've explained this we suggest the following conversation-starters to further 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'.
- ▶ Do role play to demonstrate giving and receiving thanks.

Top tips:

- ▶ It is great if you are able to share examples of being thankful that involve your child and their wider family or friends.
- ▶ Try and do this exercise directly after the story as this will allow for you to make links to the characters in the story too, which will further embed the learning.
- ▶ It may take some time for your child to get into the habit of being thankful - please persevere and ensure that you do this as much as possible to get the habit started.

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

