



Lesson Seven

In this lesson, students explore the concept of gratitude by learning what it means, how to show it, and how it can positively impact their own emotions and the feelings of others. Students explore how they are already practicing gratitude and are encouraged to think about how they can practice gratitude daily.

At Home Practice: 🧺 **Create a Gratitude Basket** 🧺

Make gratitude part of your daily routine by creating a Gratitude Basket together!

1. Find an empty container and decorate it using art supplies, stickers, or drawings. Label it “**Our Gratitude Basket.**”
2. Invite your child to find 2–3 small objects that remind them of something they’re thankful for. If they can’t find a real item, they can draw a picture or write a few words on paper.
3. As each object goes into the basket, take a moment to talk together. Ask:
 - a. “Why did you choose this?”
 - b. “What does it make you feel thankful for?”
4. Keep the basket somewhere special. Over the next few days, keep adding to it—you can join in too! Share something you’re grateful for, and let your child hear how you express it.
5. This simple routine builds connection, reflection, and a whole lot of heart. ❤️