



Lesson Seven

Cross-Curricular Activities and Resources:

1. **Language Arts: Tree of Gratitude** - Have students write something they are grateful for on a pre-cut leaf made of paper. Have students fasten their leaves onto a pre-drawn trunk to make a gratitude tree. Students can use more than one leaf if they have several things to write.
2. **Math: Tree of Gratitude** - After students have added leaves to the tree of gratitude, work as a class to count the total number of leaves, then write the number on the board. Analyze the number with students. Have them point out the tens place and the ones place. How many tens does the number have? How many ones does it have? If the class added eight more leaves to the tree the next day, how many leaves would there be? If three leaves fell on the floor, how many leaves would still be on the tree?
3. **Science: Activate Your Brain** - Scientists have found that when people practice gratitude, the brain releases chemicals that make them feel joy and happiness. Studies show that practicing gratitude can also lead to increased motivation and reduced stress and anxiety. Challenge students to take a few minutes each day to practice gratitude and notice if their feelings or mood are more positive after several weeks.
4. **Art: Grateful Colors** - Have students sit with their eyes closed. Direct them to breathe in, and, as they do so, to think of and focus on something they're grateful for. Ask students to think about a color they associate with the thing or person they are grateful for. Have them draw and color a picture of what they thought of.
5. **Language Arts: Gratitude Alphabet** - Ask students to work together to think of things they are grateful for that begin with each letter of the alphabet.