



Open-Sky
School

Category

MINDFULNESS



Activity

Stars of Gratitude

MATERIALS

- Paper and pencils
- Clipboards

Optional: Notebook to keep a gratitude journal

DURATION

20 MINUTES

Activity Summary

Gratitude is the act of recognizing and appreciating the positive aspects of life. The goal of this activity is to encourage the expression of gratitude by asking students to identify three moments of their day for which they feel grateful.

Preparation

- Have all materials with you, i.e., a sheet of paper and a pencil per student.
- Find a spot in nature for students to sit and write.
- Ask students to think about the questions you will ask them and to answer them quietly on their own.



Steps

Read aloud the instructions to your students, pausing between each step so that students have time to think about the questions you ask.

Say:

- A.**
1. Identify moments, events, or people for whom you feel gratitude.
- B.**
1. Now that you know what gratitude is, think about 3 things you are grateful for today.
 2. Keep these three events in your mind.
- C.**
1. In your notebook or on a piece of paper, write about the three moments that you are grateful for.
 2. Observe the nature around you.

Questions

1. **What do you think gratitude is?**
Here's a general definition of gratitude : *gratitude is the act of recognizing and appreciating the positive aspects of life.*
1. **What are these three things that brought joy to your day, those moments for which you are grateful?**
1. **Is there an element of nature around you that brings you a sense of well-being?**
2. **Do you feel gratitude when you see it?**

RETURN
TO GROUP

Invite students to share what they wrote about so that they realize that not only material objects can bring happiness, but also moments shared with people we love. We can be grateful for the little things in life, a pretty flower, a ray of sunshine, the smile of a loved one, the pleasant smell of our favorite food, etc.

REINVESTMENT:

You can do this activity several times a week. Encourage students to keep a gratitude journal, or keep a gratitude jar in your classroom and invite students to write what they feel grateful for during the day on small pieces of paper and place it inside the jar.

Once a week, or when the jar is full, you can read the anonymous gratitude entries to you class.

You can also suggest that students do the activity on their own at any time during the day.

Encourage students to recognize the small beauties of life, to fill themselves with pieces of gratitude.