



Attitude of Gratitude

Heroes:

Having people who believe in you and are there for you when you need them. Often when students think of Heroes, they talk about famous athletes or celebrities. However, there are everyday people who make a difference in our lives by talking to us and listening to us.

Objective:

Students will be able to recognize the everyday Heroes in their lives. Students will be able to produce clear and coherent writing to thank a Hero.

Materials:

Thank-you cards or computers with access to www.punchbowl.com/ecards/thankyou.

Steps:

- Ask students to think of a teacher, coach, neighbor or staff member who really believes in them.
- Allow students to share stories or anecdotes.
- Next, instruct students to write a thank-you note or card of appreciation to a person who made a difference in their life. Students can create a handwritten card or a free, digital card using punchbowl.com.
- For the digital card, have students Google punch bowl free thank you notes and select a template. Students will edit and design the front, inside, and the envelope and postage to send to their Hero.
- Students should give specific reasons and identify the characteristics of the person that makes them their Hero.
- Once the cards are complete, encourage students to send the card. group and end up standing alone.

Personal Reflection:

- Who is your most important everyday Hero right now? Explain.
- Who do you think you are a Hero to and why?

Group Reflection:

Besides writing thank-you cards, what else could we do to show our gratitude to people who are everyday Heroes to us? Make a list on the board of creative ways to say thank you. Next, brainstorm ways to build relationships and get to know other staff members or adults in your life.

- Interview your principal.
- Invite a teacher to eat lunch with you and your friends.
- Pick out one adult at school you would like to get to know better and talk to them once a week during your free time.
- Take the time to get to know the school custodians, lunch workers, secretaries, and other support staff.

Extended Learning:

Share your gratitude 2.0!

- Create an iMovie trailer using superhero format to recognize a role model. Focus on the characteristics you admire about this role model.
- Nominate your Hero at the Foundation for a Better Life site at www.passiton.com.
- Using an app such as Red Stamp, create and send a personalized thank-you note to your everyday Hero.
- Tweet about your Hero!
- Create an Instagram post about your Hero. Select a picture of you and your Hero, a quote that reminds you of your Hero, or even a selfie of your Hero. Explain why this person makes a difference to you!
- Create a YouTube video about your Hero!
- If your teacher has a website or a class blog, ask if you can post your writing there! Blogger is an easy blog tool.