

# What I am Thankful for

## Curriculum Links:

**SPHE - Strand:** Myself **Strand Unit:** Taking Care of My Body

## Concept/Learning Outcomes:

Pupils will explore the items, people and events in their lives that make them happy and thankful.

Pupils will write a daily gratitude diary.

Pupils will use this activity to learn about taking time to appreciate the items, people and events that make them smile.

## Teaching Notes: .

Discuss with pupils the word gratitude and what it means to be grateful, thankful and appreciative. We can be grateful or thankful for so many small things in our lives, anything that brings us joy or happiness is something to be grateful for e.g being kind to others, the games we play, the weather, our family, a smile, delicious food, a kind word or a hug from a loved one.

## A Word of Thanks

Have a discussion with pupils about what words, emotions and feelings they associate with being thankful or grateful and write this list on a whiteboard e.g. happy, safe, loved, warm, cosy, joyful, smiley, laughter.

## Gratitude Diary

Have pupils keep a diary for five days and each evening write down three things they are grateful/thankful for or appreciative of. This is a nice exercise before bed, focusing on the happy moments from the day before sleep to calm body and mind.

## Hero Page

In our lives we often have one or more people who make us really happy by helping or supporting us. Have pupils use the template on this worksheet to write a profile of the people in their lives who provide that support and a message of thanks they would like that person to receive.



**Irish Heart  
Foundation**

# Gratitude Diary



*Today I am thankful for*

**Monday**

Blank space for writing gratitude for Monday.

**Tuesday**

Blank space for writing gratitude for Tuesday.

**Wednesday**

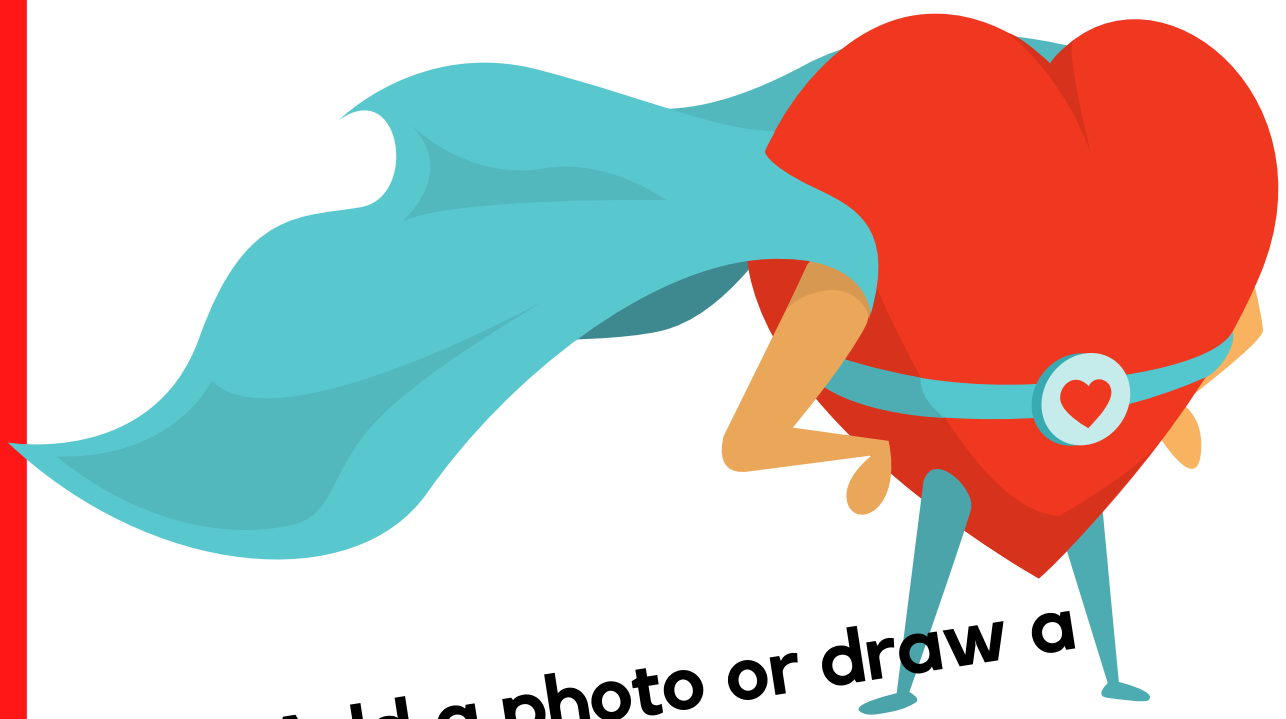
Blank space for writing gratitude for Wednesday.

**Thursday**

Blank space for writing gratitude for Thursday.

**Friday**

Blank space for writing gratitude for Friday.



# My Hero

Add a photo or draw a picture of this person

Name:

Describe your hero

This person is my hero because...

My message of thanks to this person;