

Overview

Most students at this age are enthusiastic, energetic, and exhibit a love for life. The Mindset Attitude of Gratitude is about learning to seek the positives in life and focusing on what makes you happy.

Objectives

- Understand the meaning of the word gratitude and what it means to be grateful.
- Identify something we are extremely grateful for.

SEL Alignments

- **Social-Awareness** – Students gain greater perspectives on the positive influences and support structures in their lives, as well as, other cultures and ethnicities.
- **Relationship Skills** – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships with others.
- **Resilience** – By building a more positive perspective of others, students gain greater levels of confidence in the support structures around them