

Grade 4 English Language Arts
Week of January 18 – January 22

Lesson 2: Gratitude and Perspective

What is Gratitude?

Gratitude is a positive emotion that we can actually control! It's about focusing on what's good in our lives and being **thankful** for the things we have. **Gratitude** is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

Sometimes, it can be easier to focus on everything we *don't* have or everything that we *want* to have. **Gratitude** is about appreciating what we *do* have and recognizing all of the positive things in our lives.



How does Gratitude affect Perspective?

Gratitude can cause a shift in perspective. People who are **grateful** usually perceive things in a more **positive way**. Catch yourself when you are having negative thoughts! How can you reframe them in a more positive way?

Pretend like there is half a glass of water in front of you.

Is the glass half full?

Or half empty?

Depends on how you look at it! Depends on your perspective.



Gratitude can change your perspective. It's important to not only acknowledge things that you are grateful for at Thanksgiving! Practicing gratitude should be a daily habit. It can change the way you see the world.

Below you will find some prompts to help you reflect on things in your life that you are grateful for. Each response doesn't need to be more than 1 sentence long, but you can make them as long as you would like! You should state the thing you are grateful for, then explain why you are grateful for it. See example below.



Ex. Someone I am grateful for is...

I am grateful for my grandma because every time I see her, she is able to put a smile on my face.

a. A strength of mine for which I am grateful is...

b. Something in nature that I am grateful for is...

c. A memory I am grateful for is...

d. Something that money can't buy that I am grateful for is...