

11 Gratitude—The Glad Tree

Gratitud—el árbol alegre



Idea

Gratitude is a wonderful way to recognize the gifts of people, places and things in our lives. Feeling gratitude can help us shift our feelings from sad to glad when we need to. Practicing gratitude positively changes the chemistry in our brains and bodies and can boost our feelings of happiness, kindness, and optimism.

SEL Skills

- Self-Awareness
- Self-Care
- Emotional Regulation
- Social Awareness
- Relationship Skills
- Gratitude

Script

1. Sit up tall in your chair so that you can breathe deeply. Take three slow, relaxing breaths.
2. Do you ever feel sad or disappointed? I do. Everyone does sometimes. When I can't go to school, I miss my friends and I feel really sad and disappointed.
3. Feeling sad or disappointed is important. It can mean something or someone special has changed or is no longer here. I felt sad when my cat died and I missed her. Sad feelings take time, but I notice that sad feelings, like all other feelings, can and do change.
4. Is there a way you can help yourself ease your sadness or disappointment and go from feeling sad to glad? Yes. When you are ready to let go of sadness or disappointment, think about the people, animals, and things that are in your life right now or the things you feel grateful for:

(continued)

- Family
 - Friends
 - Teachers and people in your community (e.g., firefighters, librarians, farmers, store owners, doctors, etc.)
 - Pets
 - Favorite toys, games, hobbies, sports
 - Favorite places
 - Favorite books and movies
 - Special events like birthdays and holidays
 - Nature—trees, flowers, sun, moon, stars, rainbows, ocean
 - Your healthy body
5. What is special about these people, animals, places, or things? When you think about these people, animals, places, or things, do you feel happy inside? Do you smile more?
 6. Draw a picture of a gigantic Glad Tree full of leaves of gratitude. On each leaf, write a word or draw a picture of someone or something that you are grateful for, that brings you joy. Fill in lots of leaves. We each have so much to be grateful for.
 7. Share your picture of your Glad Tree with others. Look at your picture of your Glad Tree in the morning to start your day with a smile or at night, right before you go to sleep, to help you sleep better. My Glad Tree makes me smile anytime!
 8. Remember: It's okay to feel sad or disappointed, but it's also okay to feel glad. You can choose to lift your spirits anytime you want to by feeling grateful.

Slide Suggestions

- Title Slide “The Glad Tree/*El árbol alegre*”
- Photos or cartoons:
 - Family members
 - Friends
 - Teachers and people in the community
 - Pets