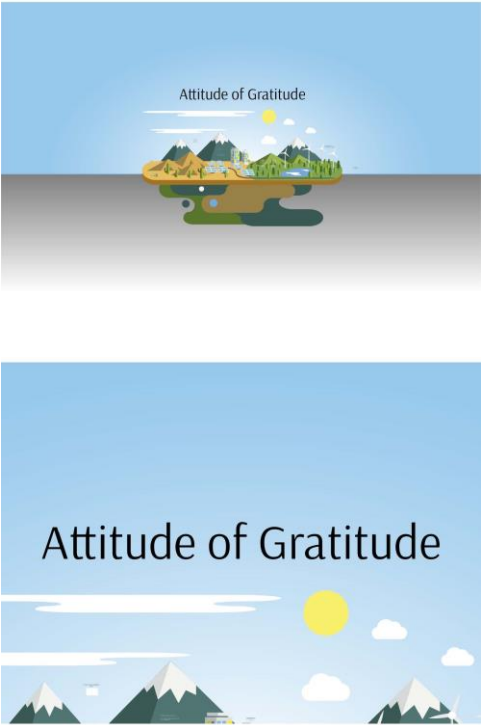




Middle School Course 3
Attitude of Gratitude 5.2
Attitude of Gratitude through Communication



Presentation Slide	Teaching Prompts
	<p>Preparation Checklist</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>This lesson plan is a basic framework for presenting the mindset concepts, but it's critical to add your own key observations and adjust the lessons for your unique group. Be prepared to enrich the lesson principles with your own strategic input!</i> <input type="checkbox"/> Student journals and mindset activities are located in the My 7 Mindsets Website at www.my7mindsets.com. <input type="checkbox"/> Make sure you have a strong internet connection. <input type="checkbox"/> Advise students to have their journals ready during class and presentation. <input type="checkbox"/> Remind students that this lesson is about them, and that their participation is absolutely critical. <input type="checkbox"/> Be vulnerable and willing to share your own stories and struggles. This will give your students the authority to do the same. <input type="checkbox"/> Remember, this program is only as good as the instructor delivering it to the students. Be your best and change their lives forever! <p>Overview</p> <p>In this lesson, students will play the game <i>A Penny for Your Thoughtfulness</i>. Students will learn how to express and receive gratitude. Teacher will facilitate discussion around the importance of gratitude in communication with others.</p> <p>Goals</p> <ul style="list-style-type: none"> • Students will have fun and engage with other students in the classroom. • Students will learn strategies for expressing gratitude and comfortably receiving the praise of others.
	<p>Step 1: Ice Breaker</p> <p><i>Important: Before the session, remind students that this</i></p>

The greatest thing anyone can do is improve the life of a child. When we do this, we make the world a better place forever.



Middle School Course 3
Attitude of Gratitude 5.2

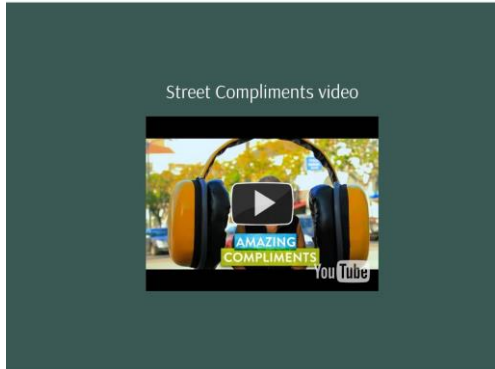
Attitude of Gratitude through Communication

<p>“Anyone who keeps the ability to see beauty never grows old.”</p> <p style="text-align: right;"><i>Franz Kafka</i></p>	<p><i>is a safe place where no one will be bullied or made fun of. If you have set class guidelines, this is a good time to refer to them.</i></p> <p>Ice Breaker Activity (Optional)</p> <p>If necessary to get students moving and engaged, play one of the suggested ice breakers in the Resource section of the portal, or use one of your own ice breakers instead.</p> <p>Instructor shows the following quote to students and asks if anyone has a reflection on what it says:</p> <p style="text-align: center;"><i>“Anyone who keeps the ability to see beauty never grows old.”</i></p> <p style="text-align: right;">Franz Kafka</p>
 <p style="text-align: center;">A Penny for Your Thoughtfulness Game</p> 	<p>Step 2: Get Their Attention</p> <p>Student Hook</p> <ul style="list-style-type: none"> • <u>Prompt:</u> Today we’re going to play a game that may make us a little uncomfortable. It’s called <i>A Penny for Your Thoughtfulness</i>. We’re going to learn how to express and receive gratitude. As we’re playing, I’d like you to get ready and willing to be a little uncomfortable, and prepare to use words to build bridges with others. <p><u>Note:</u> You are going to have students watch a video before letting them start the following activity. You can describe the activity first and then show them video, or scroll down to play the video and then return to this point to proceed with the activity instructions.</p> <p>A Penny for Your Thoughtfulness Activity Instructions</p> <p><i>Setup:</i> You will need five pennies for every student to hand out as they give compliments.</p> <ol style="list-style-type: none"> 1. Instruct the students to think about five people in the room that they would like to compliment. Then

The greatest thing anyone can do is improve the life of a child. When we do this, we make the world a better place forever.



Middle School Course 3 Attitude of Gratitude 5.2 Attitude of Gratitude through Communication



Street Compliments video

- How did that game make you feel?
- Some people enjoy getting compliments and don't feel embarrassed by them. Others aren't always comfortable hearing praise. Which are you?

- What type of compliments did you receive?
- Do you agree with the statement, "Strong people don't put others down, they lift them up?" Who is someone in your life who is really good at lifting others up?

provide them with this advice on giving compliments:

Prompt: Be Specific – Pick something specific to compliment, such as their taste in clothing, a trait you admire (being good at math), or something they did that you appreciated (helping you with a problem).

Prompt: Support the Compliment – Specify why you appreciated what you are complimenting them on, e.g., "I like your shirt because it matches your eyes," or "I really appreciated your help as it enabled me to get my homework done."

Prompt: Be Authentic – Look them in the eye and offer the compliment with sincerity.

2. Next, talk to the students about how to receive a compliment.

Prompt: Say "Thank You" – Look the person complimenting you in the eye and say "Thank you" in a sincere way.

Prompt: Acknowledge Others – If others were involved, make sure to acknowledge them and give them credit as well.

Prompt: Never Belittle Yourself – Accept the compliment graciously, and avoid saying things such as, "It was nothing," or "I don't deserve it." Just take it in and appreciate the feeling of being appreciated!

3. Make sure that each student has five pennies. Instruct the students to move around the classroom and find five people to show appreciation to. Each time they do so, tell them to give that person a penny.

Note: The same two people cannot give and receive with each other.


- **Prompt:** Before you try this activity yourselves, I am going to show you a video. Pay attention to how both sides are giving and receiving compliments.

Video

The greatest thing anyone can do is improve the life of a child. When we do this, we make the world a better place forever.




Middle School Course 3
Attitude of Gratitude 5.2
Attitude of Gratitude through Communication

	<p>Play the Street Compliments video Link: https://www.youtube.com/watch?v=-OBgdoAmuwl Length: 3:28</p> <p>Following the video, give the students <i>two to four minutes</i> to complete the exercise described above.</p>
	<p>Step 3: Make the Connection</p> <p>Instructor asks some open-ended questions about the students' experience playing the game, such as:</p> <ul style="list-style-type: none"> • <i>Prompt:</i> How did that game make you feel? • <i>Prompt:</i> Some people enjoy getting compliments and don't feel embarrassed by them. Others aren't always comfortable hearing praise. Which are you? • <i>Prompt:</i> What type of compliments did you receive? • <i>Prompt:</i> Do you agree with the statement, "Strong people don't put others down, they lift them up?" Who is someone in your life who is really good at lifting others up? <p><i>Note: Remember, one of the most important components of this program is open, positive communication from students. If meaningful student sharing is taking place, you should feel free to forego some of the following activities or possibly assign them as homework.</i></p>
	<p>Step 4: Applying it to Your Life</p> <p>7 Mindsets Journal Activity</p> <ul style="list-style-type: none"> • <i>Prompt:</i> Bring up your 7 Mindsets Journal and go to Journal Activity 14. You can do this online, or if you prefer, print it out and write in your journal directly. • <i>Prompt:</i> In your journal answer the question: "Who is someone you will compliment (and maybe learn their name) in the next week?"

The greatest thing anyone can do is improve the life of a child. When we do this, we make the world a better place forever.



Middle School Course 3
Attitude of Gratitude 5.2
Attitude of Gratitude through Communication

	<p><i>Note: Give the students <u>three to five minutes</u> to complete the journal activity.</i></p> <p><i>Note: If you are able, play some music while they reflect on this question. (Suggestion: "The Heart of Life" by John Mayer)</i></p>
 <ul style="list-style-type: none"> • Who would like to share what they wrote? • Any final comments or questions? 	<p>Step 5: Applying it to Your Life – Continued</p> <p>Student Sharing and Discussion</p> <ul style="list-style-type: none"> • <u>Prompt:</u> Who would like to share what they wrote? • <u>Prompt:</u> Any final comments or questions? <p><i>Note: Teacher may have to share to get things started. After a student shares, make sure to celebrate them taking a risk and thank them for sharing. If preferable, the teacher may choose to break the students into small groups to discuss among themselves. This may help to get more students participating.</i></p>
<p style="text-align: center;">Challenge</p> <p style="text-align: center;">Make it your goal to genuinely compliment at least five people a day.</p>	<p>Step 6: Transition and Wrap-up</p> <p>Lesson Quote</p> <p style="text-align: center;"><i>"Anyone who keeps the ability to see beauty never grows old."</i></p> <p style="text-align: right;">Franz Kafka</p> <p>Challenge</p> <ul style="list-style-type: none"> • <u>Prompt:</u> Make it your goal to genuinely compliment at least five people a day.

The greatest thing anyone can do is improve the life of a child. When we do this, we make the world a better place forever.