

Module 8.4 GRATITUDE for Students



TAKE IT DEEPER: Gratitude Chain

For an alternative to gratitude journaling or letters, and one that can add to a grateful culture and even aesthetic in the classroom, try this Gratitude Chain practice. Cut out the following slips of paper and invite students to write what they are grateful for on one of the slips. This can be an anonymous practice to make students feel more comfortable.

You can do this as a standalone practice, creating a gratitude chain together in one class period, or have these slips of paper available all the time, in a jar on your desk. Students can be invited to grab one anytime they are feeling grateful, fill it out, and add it to your “living” classroom gratitude chain strung across your ceiling or walls.

Today I am grateful for:

Today I am grateful for:

Today I am grateful for:

