Gratitude and Growth: Positively Impacting Learning Environments

Research-based Gratitude activities help educators and students succeed and thrive.

• **Gratitude Journal** - Use this prompt that encourages students and teachers to look more deeply into why they are grateful: “Thank you for _____ because_________________."

**Change Educators/Students Gratitude Routines** - To avoid “Gratitude Fatigue,” keep activities fun and novel. For example:

- Have educators and students write **gratitude statements** to each other on sticky notes.
- Make a **Gratitude Facebook page** for students, teachers, and the entire school community.
- Turn a “**Gripe into a Gratitude.**” Have students and teachers turn complaints into statements of Gratitude. For example, “I hate doing my homework” can be flipped into “I am grateful I get to learn by doing my homework. It will help me get a good job someday.”
- Let student and teachers create their own Gratitude activities for class, using their strengths and interests.

**Incorporate Gratitude Activities into Induction and Mentoring Programs.** New teachers will:

- Write and deliver a **“Gratitude Letter”** to someone who helped them become an educator. **Research shows this helps both giver and receiver.**
- Incorporate a few moments into their daily routine to pause and keep a “**Grateful” perspective.**

**Incorporate Gratitude Activities into existing curriculum** to make it easier to use. Students will

- Have students compose a **“Gratitude Letter”** to someone they are grateful for as a part of an English writing assignment. (If possible, have them deliver the letter and read it to them.)
- **Research a historical figure** that had a positive impact on the world and write about why they are grateful for them as part of a Social Studies assignment.
- Incorporate **Gratitude into art, music, science or technology projects.**

**Points to Consider:**

- Gratitude improves teachers’ and students’ social ties to each other, families, and the school community, building a positive learning community and encouraging radical collaboration.
- Gratitude can be used to help educators and students build resilience to survive and thrive through the challenges of a school year by reframing how they view challenges.
- Educators should practice Gratitude activities personally before they give it to their students so they can tell their students of the potential benefits.
- Gratitude is much more than a pleasant emotion; it is a conscious choice, a way of seeing and interacting with the world.
- Gratitude is a powerful tool that can help reshape education and promote a positive culture in any classroom or school.