**Secondary Guidance Lesson**

*Gratitude*

**Objective:** Students will understand what gratitude is and engage in gratitude practice. **Gratitude- the quality of being thankful; readiness to show appreciation for and to return kindness.**

**Video**: [**https://youtu.be/UIIxQzANThk**](https://youtu.be/UIIxQzANThk)

**Activity:**

1. First, think of someone who has done something important and wonderful for you, yet who you feel you have not properly thanked.
2. Next, reflect on the benefits you received from this person, and write a letter [**expressing your gratitude**](https://positivepsychology.com/how-to-express-gratitude/) for what they have done for you.
3. Finally, arrange to deliver the letter… there is no right or wrong way! You can show your appreciation by delivering the letter face to face, sending a text message, or an email.

**Follow-up/Closing:**

The word gratitude means being thankful and happy for all that is good in your life. Gratitude focuses on what you already have rather than focusing on the things that you don’t have. Research shows that people who practice gratitude see many benefits to their overall health, including better sleeping habits, more energy, and increased happiness.

Before you get out of bed every morning, list five things you’re excited about for the day. Furthermore, when you go to sleep at night, list five things you appreciated that day. Soon you’ll find yourself feeling and expressing gratitude outside of these scheduled times.