



# An Attitude of Gratitude

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*Students Will Be Able To*

- 1. Reflect on the benefits of feeling gratitude*
  - 2. Take action to express their gratitude*
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## Materials

A projector; internet access.

Cutting from [“Nature. Beauty. Gratitude”](#) video

[“An Experiment in Gratitude”](#) video

2 pieces of paper for each student; writing utensil for each student.

## Introduction

Although the Thanksgiving season provides a great reminder to be thankful for the good in our lives, having an attitude of gratitude throughout the year provides for better emotional health and a strengthened connection to our community.

This Advisory session gives students the chance to think about the power of gratitude, and take an action to express their gratitude.

## Activity 1 – Experiment: the Effect Gratitude has on Happiness

### A. Initial survey

Ask students to take a blank piece of paper and fold it in half.

Then, on one of these halves, ask them to rate 3 factors relating to their “happiness level.”

*On a scale of 1 to 5—1 being least, and 5 being highest—*

- 1. Rate your overall level of happiness*
- 2. Rate your health*
- 3. Rate your satisfaction with your significant relationships*

Once students have written down their responses, have them **cover these up** with the other half of the paper.



**B. Video screening**

Then show them the cutting from the [“Nature. Beauty. Gratitude” video](#).

[This excerpt from a TED talk features photography by Louie Schwartzberg & voice by David Steindl-Rast. **(Please start clip at 4:24 and run until 9:24.** Run time is 5:00.) The closed-caption option would be helpful.]

**C. Takin’ action, Jackson!**

On a separate piece of paper, ask students to write a note of thanks to someone “who has been really influential in their life, somebody who’s done something really amazing or important for them.” [*“Experiment in Happiness” SoulPancake video*]

**D. Follow-up survey**

Without uncovering their former responses, ask students to rate the 3 “happiness level” factors again.

**E. Time to compare...**

Once students have written down their responses, ask them to compare results to their first responses. Do they note a change?

**F. Special delivery--!**

Encourage students to deliver their note of thanks to the person they wrote about.

## Activity 2 – Other People’s Experiences

This [“Experiment in Gratitude” video](#) by SoulPancake demonstrates what happened when others tried out a similar activity. (Run time is 6:39.)

