

SAMPLE LESSON FROM THE PEACE OF MIND CORE CURRICULUM FOR GRADES 1 AND 2



Week 11

Feeling Grateful >>REPEAT ME>>

OBJECTIVES: Learn how to develop a gratitude practice.
Practice kindness.

PREPARE: A bell or chime
Your Kindness Pals list and Talking Object
YouTube link to “Tell Me Something Good” <https://www.youtube.com/watch?v=OB4JDJiet5M>
Copies of the “I am grateful for...” worksheet (Resource Section)



NOTE FROM LINDA: *The purpose of this lesson is to help children develop the habit of gratitude and of noticing the little good things in life. In the **Peace of Mind Core Curriculum for Grades 3-5**, older students learn about their brain’s Negativity Bias. Our brains are wired to look for trouble and to really focus on it, allowing us to learn from negative experiences so that we don’t repeat them. This lesson adapts this concept for first and second graders.-*

*This lesson uses an old song in a new way. **Don’t play the song for your class.** Instead, listen to the song “Tell Me Something Good” by Chaka Khan with the above link as you prepare the lesson. The only part you’ll be using with your class is the refrain “tell me something good.” **The rest of the song is not appropriate for school**, although the kids might have heard parts of it in TV commercials. If you are not comfortable singing, you can just say the words. Have fun with it!*



Mindfulness Practice

Invite today’s Mindfulness Helper (MH) to come to the front of the class to sit next to you on a chair (or next to you on the floor).

Say: *Let’s all be happy for* _____ . (sign language applause)

Prompt the MH to choose another student to turn off the classroom lights.

Say: *Let's all be happy for _____.* (sign language applause)

Prompt the MH to say: "Let's get into our mindful bodies. Let's close our eyes. Let's take three deep breaths."

Say: *You can do your breaths anyway that you want. You can do the breathing that you created, you can do someone else's, you can do Take Five, or Wave. Just make sure that your breaths are slow and quiet. Now listen for the sound of the bell. Try to listen to the whole sound of the bell. Open your eyes when you cannot hear it anymore.*

Ask the MH to ring the bell when the mindful breathing is complete.

Ask the MH to choose a classmate to turn the lights back on.



Gratitude Practice

1. Introduce the concept of gratitude.

Say: *Today we are going to be talking about gratitude. Does anybody want to guess what that word means? Gratitude means being thankful or grateful. When we are grateful, or feeling gratitude, we notice good things or people, and we feel thankful for them.*

Maybe you feel grateful because it is sunny out today. Or maybe you are grateful because it is raining and your garden will grow. Maybe you are grateful that your shoes are comfortable and not tight. Maybe you are filled with gratitude because it is almost time for recess.

2. Introduce gratitude practice and the song.

Say: *Sometimes it can be easy to forget to notice these little good things in life, so we are going to practice being grateful and mindfully noticing. And to make it even more fun, we are going to sing a little song about it.*

I'm going to ask you to think of a little good thing in your life and raise your hand. When I call on you we'll all sing "tell me something good" and then you will. I'll go first. Sing it with me, "tell me something good"! And I'll tell you that I am happy because [Insert your own answer here]. Now it's your turn.

Call on whoever raises her or his hand and **say or sing:** “[Child’s Name], tell me something good...” Try to leave enough time for everyone to share. If the kids start to head in the direction of getting things like video games, or vacations, remind them to focus on the little good things.

This is a practice that you will be repeating in subsequent lessons. You might want to vary it by asking them to share good things they noticed in nature, or kind things that they did for others or that others did for them, or good things they had to eat recently. Be creative and have fun with it. Students really love this.

3. Draw a picture on the “I am grateful for...” worksheet.

Say: *Now we’re going to draw a picture of something that you are grateful for. It can be a person who makes you happy, a pet, your teddy bear, or your lunch. Anything is fine.*

If you have time let the children share their drawings with the class or perhaps with their Kindness Pals.



Kindness Pals

Do the Kindness Pals activity as before.

Closing Words: *Let’s have a nice quiet moment with the bell. You can close your eyes or leave them open, but let’s sit quietly and listen to the bell. If you want to you can think about your new Kindness Pal and imagine yourself doing something kind for him or her.*

Ring the bell or chime. *Thanks for a great class, everyone.*

For more information about the Peace of Mind Program,
please visit: <https://TeachPeaceofMind.org>