

SAMPLE LESSON FROM THE PEACE OF MIND CORE CURRICULUM FOR GRADES 3 TO 5



Week 14

Gratitude Is Awesome

OBJECTIVES: Develop a sense of gratitude for the little things in life.
Become more mindful of the good that is always around us.

Practice kindness.

PREPARE: A bell or chime

[The Book of Awesome](#) by Neil Pasricha

[The Book of Awesome](#) is a really fun book, but *not everything in it is appropriate for kids*. Look through the book in advance and mark the pages that you can use in school. For example, “the smell of crayons”, or “licking the batter off the beaters of a cake mixer,” or “the sound of rain from inside a tent” or “the smell of freshly cut grass.” Choose examples that your students will be able to relate to. Or create your own list and don’t use the book.

Copies of the “Awesome Things” Worksheet for your class

Your Kindness Pals list and Talking Object



Mindfulness Practice

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

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

Prompt the MH to say: “Let’s get into our mindful bodies. Let’s close our eyes. Let’s take 3 deep breaths.”

Say: *Today we are going to be thinking about gratitude or being thankful. I’d like you to think about that word “gratitude.” I’d like you to ask yourself a question: “What or who am I grateful or thankful for right now?”*

Don't think about it too much but just notice what pops into your mind. Maybe you are grateful that it's almost time for recess, or that it isn't raining today, or that you have your favorite lunch waiting for you. Maybe you're thankful for having shoes that fit, socks that aren't itchy, or for having a friend to laugh with. Whatever it is that pops into your mind, just notice it.

Say: *Now take a deep breath, and listen for the sound of the bell. When you hear that sound it will be time to open your eyes.*

Ask the MH to ring the bell.

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

Ask the MH to return to his or her seat.



1. Introduce the Gratitude Lesson

So last time we learned about our brain's Negativity Bias. We learned that because our amygdala is trying to keep us safe, it often focuses too much on negative things and tends to miss some of the little good things that are happening too.

We learned that one way to override your brain's Negativity Bias is to notice and focus on good things. Another word for this is Gratitude. When we are grateful for things, we notice them and feel thankful for them. Maybe you feel grateful because it's sunny out today. Maybe you are grateful that it is raining so that your garden will grow. Maybe you are grateful that your shoes are comfortable and not tight.

2. The Book of Awesome

Say: *There are also a million little things that we can be grateful for if we just stop to notice them. I'm going to share with you this cool book called The Book of Awesome that is filled with little awesome things.*

Read some examples aloud, or pass the book around and let the kids read the pages you've marked.

Ask the students to share their own "awesomes."

3. Worksheet and Sharing

Say: *Now I'm going to give you your new Kindness Pal and you two are going to work together to come up with a list of Ten Awesome Things. When everybody is done we'll share some of what is on our lists.*

Assign the new Pals.

Hand out the Ten Awesome Things worksheet. Give them about ten minutes to work on it and then time to share.



Kindness Pals

Since you have assigned the new pals already, you can skip this section, or just do the sharing.

Closing words: *Okay our time is up for today. Thank you for a great class, everyone.*

Let's have a nice quiet moment for the bell. If you want to, you can close your eyes, picture your new Kindness Pal, and imagine yourself doing something kind for them this week.

Ring the bell.





Names: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

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