VALUE
gratitude

Topic 10 – An attitude of gratitude

Learning Intention
Hey, why this lesson?

THE 'ATTITUDE OF GRATITUDE' CAN BECOME A JOYFUL HABIT

During Jesus's time of earth, many people appreciated what he did for them. His message has continued through 2000 years but we will identify moments when we need to get into the habit of thanking and appreciating what is done for us. The act of gratitude is a habit to foster and cultivate.

Hint: To stress that **an attitude of gratitude** is a habit to cultivate and that it will bring positives to all involved.

Scripture
Luke 17:12-19
The Ten Lepers

The ten lepers, as discussed on page 47, clearly demonstrates a strong faith plus an act of gratitude. Discuss this plus the box on page 47 about scientific evidence to do with gratitude.

ACARA Connection
RE Key Understanding
Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

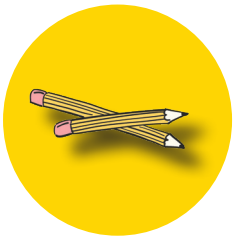
Curriculum content descriptions
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071)
https://www.australiancurriculum.edu.au/Search/?q=acpps071

Virtues
- ***thankfulness*** – pleased and grateful
- ***humility*** – connected to modesty, humbleness and a lack of vanity
- ***purposefulness*** – enthusiastic, dedicated and determined to go a certain direction

Discuss humility in greater depth from page 47 in the student book.
- Thankfulness can be linked to the Ten Lepers story on page 47.
- Connect Purposefulness to the Pope Francis quote on page 46.
- Use these three virtues to the left when writing the gratitude note on page 48.

Warm Up Activity – Do you agree or Disagree?

1. Use a highlighter on page 45 to show the most important words or sentences connected to gratitude.
2. Review the two quotes.
   i) Dalai Lama, 'When you practice gratitude, there is a sense of respect towards others.'
   ii) Pope Francis, 'Gratitude is a flower that blooms in noble souls.'
   Ask which of these quotes appeal to students, and how they might be tied to respect and empathy plus the other three virtues on page 45.



Main Activity

A Gratitude Letter – no matter how bad you think your life is, when you reflect you will find something or someone to be thankful for. Explain to the students that they (and you) are:

i) Going to ACTUALLY WRITE (in your own handwriting!) a letter of gratitude.
ii) To take a moment to choose carefully whom to write to. Maybe a teacher who took the time to listen, a friend who noticed you were down, a family member who does a lot for you and you have forgotten to say thanks, a coach, a shopkeeper, an author, a musician etc
iii) Use page 48 to jot down who you have chosen and then surround their name with the act(s) that you are grateful for and then list what this has done for you and why you are grateful.
iv) Why not text or email these to friends and others?

Jesus Connection

Jesus Connection Activity

Before completing page 47, read aloud the story of the ten lepers. Discuss this story in light of the three virtues and commitment and compassion.

Prayer/Reflection

Get the students (and yourself) to complete the following prayer … (maybe post them on the school website or have them used in the school newsletter)

Dear Lord,
You sent your only Son to save our souls.
We are so grateful for the sacrifices he made and will be forever grateful.
I am also grateful for ...

Reflection Questions

Reflection Activity

See notes in main activity.

Success Criteria

Student will be able to …

- share their gratitude acts and realise that they will become more prevalent the more they do it
- write how their moods have changed by adapting the Attitude of Gratitude
- update their gratitude journal and discover what it makes others/ yourself feel
- make the choice about their attitudes – and after reflection hopefully see that they are making better choices.

Take Away Bag

Ask the students what is the ONE thing they are going to take away from this unit of work.

Extensions

Extension Ideas

1. Pinpoint people who continually demonstrate 'The attitude of gratitude'. You will need to give examples to the students of people in their lives who show gratitude or thoroughly discuss with them people from all walks of life who show this beautiful act of thankfulness.
2. Visit the following website and ask the students to discuss which beautiful slide they love and why?
   https://www.youtube.com/watch?v=zSt7k_q_qRU

Relatable Quote

When you practise gratitude, there is a sense of respect toward others.

– Dalai Lama

Consider how this quote is directly connected to the topic.