



A Teacher's Guide:  
5 Minute Gratitude Activities For Your Class

# Grateful Hearts Growing Minds



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# Meet Brooke

Founder of Bloom From Within, Teacher & Self Confidence Educator

Welcome, welcome, welcome!

My heartfelt passion for educating young people and supporting their well-being, which has led me here today. With 10 years of experience teaching and working in various schools, one thing has remained the same, is my passion for well-being and mental health.

I understand that, as teachers, time is always limited. That's why I am committed to providing resources that effectively support your students' well-being in a time-efficient manner.

Please feel free to contact me with any questions you may have regarding how to support your students' well-being.



*"No student deserves to be held back by their lack of confidence."*

~ Brooke Tilyard

## Bloom From Within



*"It was inspiring to see our students gain confidence and learn to embrace their individuality."*

~ Teacher feedback

Bloom From Within's programs teach skills and strategies to improve the overall confidence of girl's, thereby increasing their participation in school and life. Our programs are written & delivered by a teacher and approved by a psychologist.

Content Covered;

- Sense of Self
- Body Image
- Positive Mindset Set
- Self-Management Strategies

Curriculum links;

Stage 3 PD3-1, PD3-3, PD3-7, PD3-9  
Stage 4 PD4-1, PD4-2, PD4-9, PD4-10  
Stage 5 PD5-6, PD5-7, PD5-9

90% of Bloom From Within students recorded having improved self confidence.



[bloomfromwithinprogram.com](https://bloomfromwithinprogram.com)

# Gratitude in the Classroom

## The Impact

### **Mental Health and Emotional Resilience**

- Encouraging gratitude helps students focus on positive experiences, reducing stress, anxiety, and negative thinking.
- Promotes emotional resilience, enabling students to better manage challenges and approach learning with optimism.
- Even 2-5 minutes of daily gratitude practice can have significant benefits.

### **Strengthening Social Connections**

- Gratitude fosters empathy, kindness, and a sense of community among students.
- Creates an inclusive, respectful environment where students feel valued and connected.
- Reduces classroom conflicts and promotes prosocial behaviours like cooperation and sharing.

*Practical Tip: Incorporate gratitude into existing routines, such as:*

- Morning rituals.
- Transitions or brain breaks.
- End-of-day reflections.

### **Enhancing Academic Engagement and Performance**

- Grateful students exhibit improved focus, motivation, and pride in their work.
- Increases enthusiasm for learning and strengthens concentration, leading to better academic outcomes.

By weaving gratitude into daily routines, teachers can foster a supportive classroom culture that nurtures emotional well-being and academic success, while also equipping students with lifelong skills for happiness and resilience.



# Gratitude in the Classroom

## Daily Activities

These quick, 5 minute or less gratitude activities integrate seamlessly into your daily routines and can be embedded into your morning or afternoon routines, brain breaks, or transition times.

### **Gratitude Journal:**

Encourage students to spend 2–3 minutes at the start or end of the day writing down one or two things they're grateful for.

### **Gratitude Circle:**

Begin the day with a gratitude circle where each student shares one thing they're grateful for. This can be completed in under five minutes.

### **Gratitude Jar:**

Place a jar in the classroom and have students write something they're grateful for on slips of paper to drop in the jar. At the end of the week, read a few aloud to reflect as a group.

### **Thank You Notes:**

Provide students with sticky notes to write quick thank-you messages for classmates or teachers. This promotes kindness and connection throughout the day.

### **Gratitude Wall:**

Dedicate a section of the classroom for students to pin or write notes about what they're thankful for each day. Over time, the wall becomes a visual representation of collective gratitude.

### **Gratitude Partners:**

Pair students and have them share one thing they're grateful for with their partner at the start or end of the day. Rotate partners regularly to build connections.

### **Gratitude Moment:**

Take 30 seconds to pause during the day and have everyone silently reflect on something they're grateful for. This can be done during transitions or after stressful moments.

### **Gratitude Calendar:**

Create a classroom calendar where each day has a gratitude prompt (e.g., "What is one thing you love about your school?"). Students take turns answering the prompt for the day.



# Gratitude in the Classroom

## Lesson Activities

These gratitude focused activities integrate seamlessly into your KLA lessons, embedding gratitude into your teaching rather than treating it as a standalone topic.

### **Gratitude Role Play:**

Have students role-play scenarios where they practice expressing gratitude to others, such as thanking a classmate for their help or a teacher for their support.

### **Gratitude Poem or Story:**

Encourage students to write a poem or story about gratitude, focusing on someone or something that has made a difference in their life.

### **Gratitude Chain:**

Students write something they're grateful for on a strip of paper, then connect the strips to form a chain. This visual representation grows throughout the week or month.

### **Thank You Interviews:**

Have students interview a classmate, teacher, or staff member to learn about something they're proud of or enjoy, then write a thank-you note or card expressing appreciation.

### **Gratitude Mapping:**

Guide students to create a mind map of all the things they're grateful for in different areas of their life (e.g., family, school, friends, hobbies).

### **Gratitude Research Project:**

Assign a project where students explore the science of gratitude and present findings about how it benefits health, relationships, or happiness.

Assign a project where students explore an influential figure and present findings about how gratitude has benefited their life.

### **Gratitude Posters:**

Have students design posters that promote gratitude, showcasing quotes or images that inspire thankfulness. These posters can be displayed around the classroom or school to encourage a culture of appreciation.

### **Gratitude Letters to the Future:**

Have students write letters to their future selves, sharing what they are grateful for in the present. This activity allows students to reflect on their current lives and aspirations while creating a meaningful piece of writing.



# Gratitude in the Classroom

## Journalling Prompts

Journaling prompts can be used in various ways: written in a journal, shared orally with a partner or small group, discussed as a whole class, or as a tool for self-reflective thinking.

### Primary School

- What is one thing that made you smile today?
- Who is someone you're thankful for and why?
- What is your favourite thing about your school?
- Write about a fun memory with your family or friends.
- What's your favourite food, and why do you love it?
- Describe something in nature that you think is amazing.
- What's the best gift you've ever received?
- Write about a time someone helped you. How did it make you feel?
- What's something you love about yourself?
- What's your favourite holiday or celebration, and why?
- Who is your favourite teacher, and what do you appreciate about them?
- What's one thing in your home that you're thankful for?
- Write about a time when you helped someone.
- What's your favourite hobby or activity, and why does it make you happy?
- What's one thing you learned today that you're thankful for?
- Write about your favourite book or story and why you like it.
- Describe a special place that makes you feel happy or safe.
- What's something you're excited to do tomorrow?
- If you could thank one person in the world, who would it be and why?
- What's one thing that makes you unique and special?



# Gratitude in the Classroom

## Journalling Prompts

Journaling prompts can be used in various ways: written in a journal, shared orally with a partner or small group, discussed as a whole class, or as a tool for self-reflective thinking.

### High School

- What is one thing you take for granted but are truly grateful for?
- Who in your life has had the biggest positive impact on you? Why?
- Describe a challenge you've overcome and what you're grateful to have learned from it.
- What's something about your school or community that you appreciate?
- Write about a person who inspires you and why you're thankful for their influence.
- What's your favourite way to relax or recharge, and why are you grateful for it?
- Reflect on a time when someone showed you kindness. How did it affect you?
- What's a personal skill or talent that you're grateful for?
- Write about a memory that brings you joy and why it's meaningful to you.
- What's one thing in nature that you appreciate?
- Think about a teacher or mentor who has supported you. What are you thankful for about them?
- What's an accomplishment you're proud of, and why does it mean so much to you?
- Reflect on how technology has positively impacted your life.
- Write about a time you failed but learned something valuable.
- What's one thing you're grateful for about your body or health?
- Who is someone you've had a meaningful conversation with recently? What made it special?
- What's your favourite thing about your culture, traditions, or family background?
- Write about a goal you're working on and why you're thankful for the opportunity to pursue it.
- What's something that made you laugh recently?
- How has practicing gratitude changed the way you see your life or challenges?





# Gratitude in the Classroom

## Books Linked to Gratitude

### Picture Books

**The Thank You Book** - Mo Willems

**All the World** - Liz Garton Scanlon

**Gratitude is My Superpower** - Alicia Ortego

**An Awesome Book of Thanks** - Dallas Clayton

**The Biggest House in the World** - Leo Lionni

**No One But You** - Douglas Wood

**The Quiltmaker's Gift** - Jeff Brumbeau

**Sylvester and the Magic Pebble** - William Steig

**Thankful** - Eileen Spinelli

**Thank You Letter** - Jane Cabrera

**Thank You, Omu!** - Oge Mora

**Thanks a Million** - Nikki Grimes

**Those Shoes** - Maribeth Boelts

**Too Much Noise** - Ann McGovern

**Apple Cake: A Gratitude** - Dawn Casey

### Novels

**Shouting at the Rain** - Lynda Mullaly Hunt

**Where the Mountain Meets the Moon** - Grace Lin

**The Last of the Really Great Wangdoodles** - Julie Andrews Edwards

**The Other Half of Happy** - Rebecca Balcárcel

**Rain Reign** - Ann M. Martin

**Brown Girl Dreaming** - Jacqueline Woodson

**Wonder** and **Auggie & Me: Three Wonder Stories**

**A Long Walk to Water** - Linda Sue Park

**Counting by 7s** - Holly Goldberg Sloan



# The Power Of Gratitude

Gratitude is the practice of recognising and appreciating the positive aspects of life. It involves acknowledging the things, people, or experiences that bring value or joy, no matter how big or small they may be. Gratitude goes beyond saying "thank you"; it's a mindset of focusing on the good, even when challenges arise.

From a psychological perspective, gratitude is considered a positive emotion that strengthens our sense of connection to others and the world around us. It's a way of shifting our attention away from negativity or scarcity toward abundance and positivity. This mental reframing has a profound impact on our emotional well-being, as it helps us build resilience and find contentment in the present moment.

Gratitude also has a ripple effect. When we express gratitude, it fosters a sense of kindness and empathy, both in ourselves and in those around us. In a classroom setting, cultivating gratitude can transform the environment into one that encourages respect, collaboration, and mutual support. By practicing gratitude regularly, we nurture not only a positive mindset but also stronger relationships and a greater sense of purpose.



# The Science Of Gratitude

Gratitude is more than a feel-good idea—it is supported by science that demonstrates its profound impact on mental health, emotional well-being, and overall happiness.

## The Benefits of Practicing Gratitude

### Mental and Emotional Well-Being:

- Reduces stress by 23% (Personality and Individual Differences, 2015).
- Lowers depression rates by 16% (Journal of Positive Psychology, 2019).
- Increases happiness by 25% and reduces stress-related illnesses by 10% (Greater Good Science Center, UC Berkeley).

### Physical Health and Academic Performance:

- Improves sleep efficiency by 18%, leading to better focus and energy (Applied Psychology: Health and Well-Being, 2011).
- Boosts student motivation and engagement, resulting in a 10% improvement in grades (University of Pennsylvania, 2017).
- Reduces bullying by 25% in classrooms that emphasize gratitude (Greater Good Science Center, 2018).

### Neurological Benefits of Gratitude:

- Activates the medial prefrontal cortex, enhancing decision-making and social skills (NeuroImage, 2016).
- Boosts serotonin and dopamine levels, promoting positive emotions and resilience (Frontiers in Psychology, 2017).
- Helps students develop strong coping skills and build better relationships with peers.

For teachers, incorporating gratitude through simple daily practices—such as gratitude journals, gratitude walls, or class discussions—can transform classroom culture, fostering emotional well-being and academic success for everyone involved.



# Grateful Hearts Growing Minds



## Contact us



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*"I wholeheartedly recommend this program to other schools looking to support and inspire their students in a profound and uplifting way"*

*~ Teacher Feedback*



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