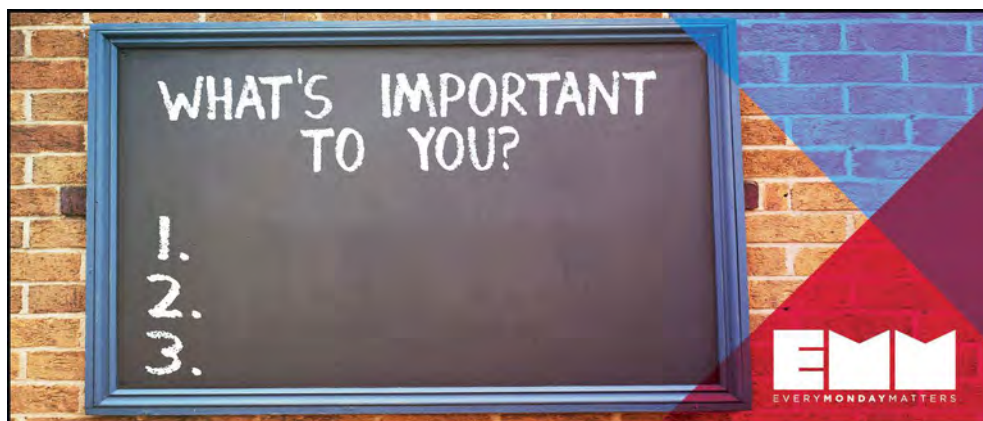


THIS WEEK'S
FOCUS:
**KNOW
WHAT
MATTERS
MOST**


**GRADE
LEVEL:
K-2**




I MATTER



TODAY'S ACTIVITY: "SELF-GRATITUDE"

 Students will increase their awareness of what they appreciate about themselves. For seven days in a row, students will identify one skill, attribute, gift or talent about themselves that they value and "thank" themselves for that skill, attribute, gift or talent. Students will create an opportunity to show themselves how much and why they **MATTER**.

 Blank lined paper; pens or pencils; (OPTIONAL) copies of SELF-GRATITUDE handout.
Prep time: 5-10 minutes

 As this is the first Monday of the month, consider sharing highlights from the Monthly Launch lesson and the Weekly Launch lesson to build background and connection to this month's theme Monday GETS THANKFUL and weekly strategy **KNOW WHAT MATTERS MOST**.

LEARNING MODALITIES		SOCIAL & EMOTIONAL LEARNING		4 C's	
	Visual	•	Self-awareness		Critical thinking
	Auditory		Self-management		Communication
	Kinesthetic		Social-awareness		Collaboration
	Verbal		Relationship skills	•	Creativity
	Interpersonal		Responsible decision-making		
•	Intrapersonal				
	Logic				

GOALS FOR THE WEEK

- 1 DISCOVER** ways to make the most of your time on what **MATTERS MOST** to you.
- 2 ENGAGE** in thoughtful acts to helps others **KNOW** how much they **MATTER**.
- 3 UNDERSTAND** how when we prioritize **WHAT MATTERS MOST**, we create opportunities for gratitude.



LAUNCH: (3-5 minutes)

***Consider asking one or more of the questions below to get students thinking.**



What are some things that are really important to you?

What are some things that you really care about?

What are some things that are important to you that you feel in your heart? (Guide students to think about things like friendship, kindness, honesty, etc.)

How do you know when something is important to you?



There are probably a lot of things you care about. We care about our family, friends, pets, classmates, teammates and other important people. We care about our school work, afterschool activities, hobbies and interests. We may also care about our stuff – our digital devices, video games, books, certain clothes, stuffed animals or toys. Then there are things that are important to us that we may not always realize how much we care about it. Things like our health, both physical and emotional, matter to us. Concepts like – kindness, honesty, fairness, loyalty, growth mindset, and learning may be important, too. When you think about, you probably have a long list of things that you value and appreciate.



INQUIRY: (3-5 minutes)

Consider asking 1-3 questions from the list below to help build background for the activity. *NOTE: Consider modifying the questions pending students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.



What does “being thankful” mean to you?

What are some things that you really appreciate?

What is something you appreciate or like that you do?

What are some of your skills, abilities and talents that make proud?

Why might someone not recognize some of the great things about them?

What might it be like to give yourself praise for something you did or a certain skill, talent or natural gift you have?

Why might it be important to recognize and, in a way, THANK ourselves for what we are able to do?

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



ENGAGE: (1 minute)



You are an amazing person. Some of us are able to own our amazingness. For some of us, it is hard to do. We might think that we can do better, compare ourselves to others or think our skills are not good enough, yet. We may have been taught that we shouldn't think highly of what we are able to do. Sometimes, reflecting on what we do well can be difficult. That is totally understandable. However, when we actively notice and connect to our skills, abilities and talents something wonderful happens. We feel more confident and happier. We step up and into who we are becoming, even as we get better at what we can do. So, let's recognize and show gratitude for our skills, abilities and talents and that we MATTER.



Are you ready to KNOW WHAT MATTERS MOST about you?



START ACTIVITY: (10-15 minutes)

Directions: Have students reflect on the skills, abilities, talents and natural gifts that they have within them. Encourage students to be open-minded and kind to themselves as they think about skills. *There may be some students who need extra support and guidance to identify their talents. Then for 7 days in a row or whatever timeframe works for you, have students identify one skill, ability, talent or natural gift that they notice and appreciate. Consider having students use the lesson handout to share their thinking and create a visual picture of the attributes for which they are THANKFUL. ***Think about having students work in pairs to support each other with this activity.



There are so many things about you that make you, you. Your hair, your height, the shape of your hands, the way you laugh are all characteristics of you. Then there are some things about you that you naturally do that make you, too. You might naturally solve problems or work through challenging moments. You might thoughtfully listen and help others. You might be naturally curious or wonder how things work. You might be artistic or athletic. All of these things make you, you.



Today, we are going to start a practice where we thank ourselves for our skills, abilities, talents and gifts. It may sound and even feel awkward but when we are able to recognize what we are able to do, we show ourselves how much and why we MATTER.

*Pass out blank paper or copies of the WHAT MATTERS MOST ABOUT ME. If using blank paper, use the handout as a template. Consider brainstorming different attributes, talents and skills students may embody. Think about charting students' responses on the whiteboard or on flipchart paper.



What are some skills, talents, abilities or natural gifts you see in others?

What might be some skills, talents, abilities or natural gifts you see in yourself?

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



Each day for the next seven days, you are going to identify one skill or ability that you appreciate yourself and THANK yourself for it. Sure, there may be people in our lives who help us develop our skills, talents and gifts but you are the one doing it and that is important.

Let's connect to WHAT MATTERS MOST about you.

*Provide time for students to identify WHAT MATTERS MOST about them.



REFLECT: (3-5 minutes)

After the activity, consider asking 1-3 of the following questions to help students reflect, evaluate, and make connections to the lesson. *NOTE: Think about modifying the questions based on your students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.



What was it like identifying some things about you that you appreciate?

What might have been a challenge in doing this activity?

What were some things that you learned about yourself?

What might it be like to regularly THANK yourself for your skills, talents, abilities and gifts?

How does KNOWING WHAT MATTERS MOST about you help connect to how much and why you MATTER?



WRAP UP: (1 minute)

Your skills, abilities, talents and gifts MATTER. When we notice and recognize those skills, abilities, talents and gifts, we become more aware of who we are and who we want to be. Let's continue to show ourselves some self-gratitude. It's how we know what we MATTER.

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s

EXTEND

Think about providing more opportunities for students to practice **KNOWING WHAT MATTERS MOST** by doing one or more of the following extension activities:

- 1 What Matters Most About Me:** Have students use the traits, abilities, talents and fits on their 7 MATTERS of self-gratitude handout to create a self-portrait. Have students draw a self-portrait and list their 7 or more attributes around their portrait.
- 2 Daily Self-Gratitude:** At the end of each day, have student reflect and journal one thing they did that they feel pretty good about doing. Think about using sentence frames like, "I appreciate that I...," or "I thank myself for..."
- 3 Reflection in Me:** Have students watch, "Reflection in Me" by Marc Colagiovanni from Fable Vision. Video link: <https://youtu.be/D9OOXCu5XMg> Then have students share out loud what they like themselves and why. The "why" is essential and motivates students to think more deeply.

**“LIFE IS JUST A BLANK SLATE.
WHAT MATTERS MOST IS
WHAT YOU WRITE ON IT.”**
- CHRISTINE FRANKLAND, AMERICAN PSYCHOLOGIST

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s

SELF GRATITUDE



"KNOW WHAT MATTERS MOST "

Directions: Let's practice self-gratitude. Each day for the next 7 days, identify one attribute, skills or ability and THANK yourself for it. It may feel awkward. However, when we thank ourselves for our what we appreciate about ourselves, we show ourselves how much we MATTER.

