

# WEEK 6 (A)

## GRATITUDE

### Preparation: Set up cones for a relay activity

#### CLASSROOM - 5 MINS

#### Recap

- Positive self-talk. Why it is important and how to do it.

#### Introduce topic: Gratitude

- Today we will be talking about gratitude as a positive coping strategy
- Ask students to define what gratitude or being grateful means. Collect responses.
  - *Explain:* Gratitude is strongly associated with greater happiness. This simple act helps people not only feel more positive but also improve their health, handle adversity, and build strong relationships - even on your worst day.
- Ask students to think about what things they might be grateful for

#### OUTDOORS

#### Warm up - 5 minutes

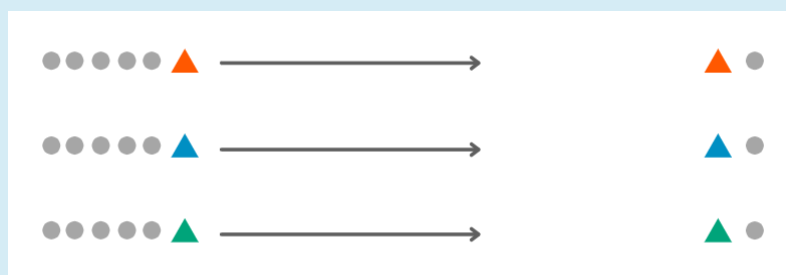
- Refer to warm up options in the resource section.

#### Activity - 15 minutes

- Split class into groups. Groups line up on the baseline.
- Teacher/leader stands at opposite cone.
- Relay - each time the students run, they must give the teacher/leader a high five, then return to their line and high five the next student. Students will run 3 times in total. Each time students high five the teacher, they must tell them something they are grateful for:
  - a. This hour
  - b. Today
  - c. This week

Encourage students to think above surface level for their answers.

- When they have completed the relay, students sit down in their groups.



#### Cool down - 5 minutes

End the lesson with a stretch and short breathing activity. Students to review the learning intentions.