



TOPIC

Appreciating & Valuing

LEVEL

Second Grade

THEME

An Attitude of Gratitude

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand what the words appreciation and valuing mean.
- Recognize when we can show appreciation and valuing.
- Know how to help others show appreciation and valuing.

MATERIALS

- Pencils
- Markers and crayons
- Paper
- Gratitude worksheet (one per person)

ESSENTIAL QUESTIONS

- What is gratitude, and how is it connected to appreciation and valuing others?
- Can you think of someone you appreciate and value?
- How does it feel when someone appreciates or values you?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Hi everyone! I'm so glad to see you today. When I call your name, say your name and one thing you're happy about today."

- Go around the circle quickly.

Say: "Today we are going to learn about gratitude. That's a big word, but it's connected to something we already know in Aavidum: appreciation and valuing. When we feel gratitude, we notice the good things and people in our lives and say, 'I've got your back.'"

Put the words GRATITUDE, APPRECIATION, and VALUING on the board.

- Say: "Who's heard the word gratitude before? What do you think it means?"
 - Call on a few students and jot down their ideas.
- Say: "Gratitude means being thankful for the good things in our lives, big or small. It's like appreciation, but even deeper, because it reminds us to notice the things and people that make life better. Valuing means we see someone as important, and appreciation is when we enjoy their good qualities. Gratitude ties it all together."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Now we're going to hear a short story about gratitude. Pay attention to how the people in the video notice little things that make them feel thankful."

Play the Gratitude Video.

After the video, ask:

- What are some good things Maya noticed during her day?
- How did those things change how she felt?
- What are some small things we can notice in our own day that we can feel grateful for?
- How is gratitude like saying "I've got your back," the way Aavidum teaches us?

ACTIVITY: GRATITUDE PRACTICE (20 MINUTES)**Instructions:**

- Say: "Now that we heard about Maya noticing the good things in her day, we're going to practice being grateful too! Gratitude means taking time to see the good things around us, even the small things, and appreciating them."
- Say: "Each of you will get a worksheet with three big boxes. In each box, you'll draw or write one thing you're grateful for. It can be:
 - A person (like a friend, family member, or teacher)
 - A place (like the playground or your home)
 - Something small that made you happy today (like the weather or a snack you loved)."
- Hold up a blank worksheet and say:
 - "I'll go first! In my first box, I'll draw my morning coffee because it helped me feel awake and happy. In the second box, I'll draw my best friend because they always make me laugh. In the third box, I'll draw my cozy blanket because I love it at night. These are small things, but they make me feel grateful."
- Hand out worksheets. Play soft music while students work quietly on their gratitude drawings/writings.
- As students finish, ask: "Would anyone like to share one thing they put on their gratitude sheet?"
 - Encourage 3 or 4 volunteers.
- After each share, prompt the class to respond with "We've got your back!"

WRAP-UP (5 MINUTES)**Ask:**

- "How did it feel to think about things you're grateful for?"
- "Why is it important to notice and appreciate good things in our day?"
- "How does this connect to Aavidum and saying, 'I've got your back'?"

Say: "When we notice the good in ourselves, our day, and in others, it helps us feel happier and more connected. Aavidum teaches us to do that for ourselves AND each other."