



TOPIC

Appreciating & Valuing

LEVEL

Kindergarten

THEME

Thankful Jar

LEARNING OUTCOMES

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

- Learn what appreciation means.
- Practice showing appreciation for themselves and others.

MATERIALS

- Jar for Appreciation Jar
- Pieces of paper
- Markers or crayons

ESSENTIAL QUESTIONS

- What does it mean to appreciate someone?
- How does it feel to be appreciated?
- How can we show appreciation to our classmates every day?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to learn a very special word: appreciation. Aavidum means 'I've got your back,' and one way we show that is by appreciating people, which means letting them know we notice and like the good things they do!"

"Let's start by saying hello. When I call your name, tell us one thing that made you smile today."

Go around the circle.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Appreciation means we notice something good about someone or something and we say it out loud or show it. When you appreciate someone, it makes them feel happy inside."

Ask:

- "What are some ways we can show appreciation?"
 - Guide students toward responses like saying thank you, smiling, giving hugs or high-fives, saying kind words.
- "How does it feel when someone appreciates you?"

Model appreciation: Turn to a student and say something like, "I appreciate you because you helped clean up yesterday." Give the student a high-five.

Ask: "Who can share a time they felt appreciated by someone in our class?"

- Take 2 or 3 quick responses and encourage the speaker to high-five the other student to show appreciation.

ACTIVITY: THANKFUL JAR (20 MINUTES)

Say: "Today, we are going to start our own Appreciation Jar! We will try to each think of something we are thankful for or something we appreciate. Then we will draw it on a piece of paper and add it to our jar. By the end of the week, our jar will be full of happy things."

Demonstrate by taking a piece of paper and drawing something. For example, say "I'm thankful for my dog because he plays with me so I'm going to draw a dog and place my paper in the jar. Now every time I see the jar, I'll remember something happy."

Pass out paper slips. Have students draw something they're thankful for.

- Share these prompts to help students think of something:
 - "Who is someone you're happy to have in your life?"
 - "What's your favorite thing about school today?"
 - "What's something nice someone did for you?"
 - "What's your favorite toy, game, or snack?"
 - "Who gave you a hug or made you feel loved?"
 - "What's something fun you did this week?"

Walk around, help students with writing words if they wish, and encourage verbal sharing as they draw. For early finishers, allow them to do more than one slip.

As students finish up, say "Now it's time to share. Who wants to tell us what they drew?"

- Allow students to come to the front of the room, share what they drew with the class, and drop their note into the jar.

After everyone has added their note, say together "Appreciation means being thankful. We will keep the Appreciation Jar in our classroom and when we are feeling sad or bad, we can open it and remind ourselves of some of the happy things in our lives."

WRAP-UP (5 MINUTES)

Ask:

- "How does it feel to think about things you are thankful for?"
- "Why do you think it's good for our hearts and minds?"
- "Who can we share our appreciation with today?"

Say: "This week, if you think of something you are thankful for, tell someone! You can say, 'I'm thankful for you because...' or you can draw another picture for our Appreciation Jar."