

# Gratitude & Generosity

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## POWER OF G'S

by Heartful Schools

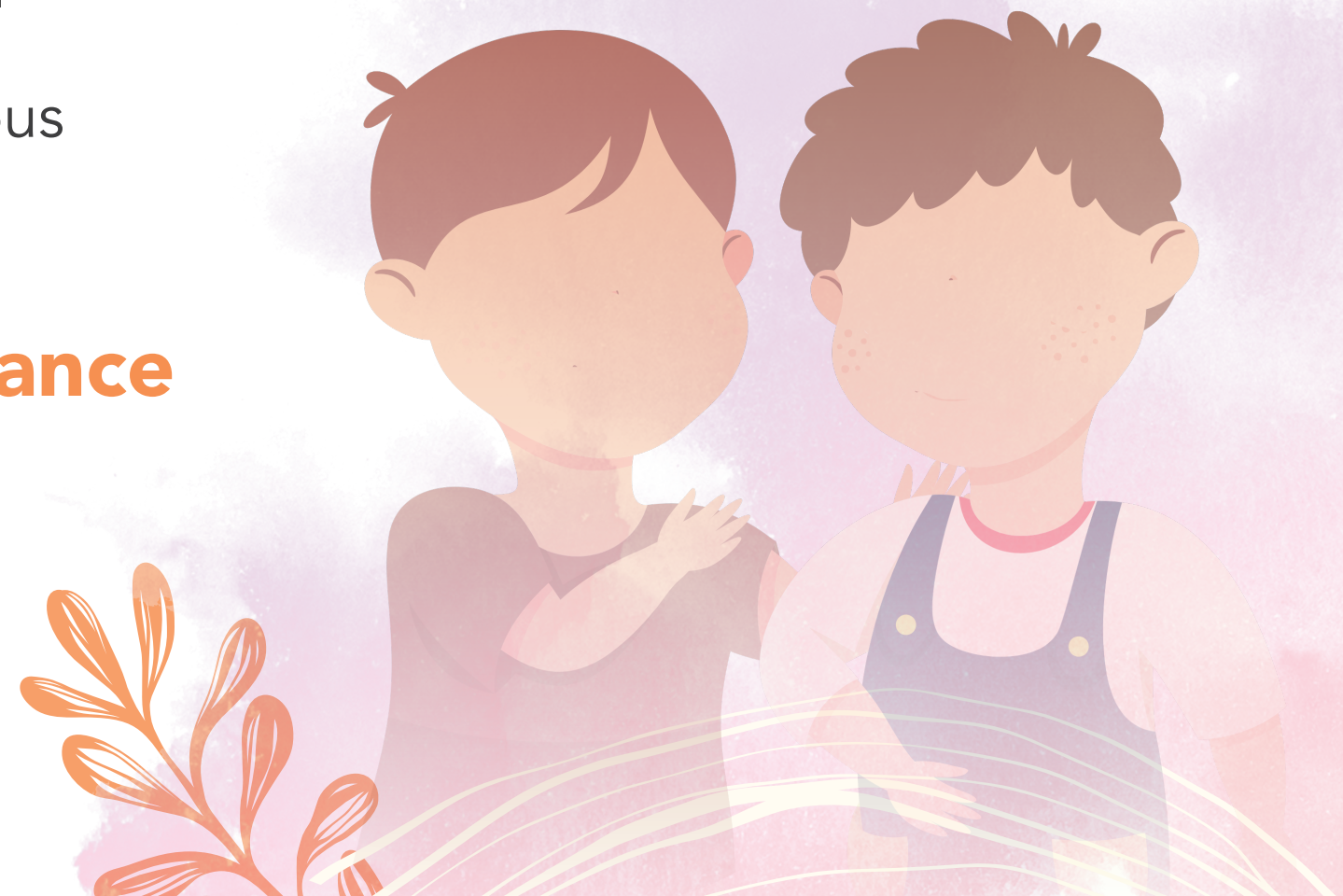
heartfulness  
advancing with kindness



## Through this book

- Contribute to a more positive environment for children and our community
- Enrich social-emotional learning in every child
- Develop empathy, compassion, and self-esteem
- Boost mental health by being grateful & generous

**Gratitude + Generosity = Abundance**



# Suggestions to use this book for a **one hour session**

## 1. Spark conversations with children on gratitude and generosity (15 minutes)

### a. Discuss with the children what gratitude feels like:

- What we NOTICE in our lives for which we can be grateful
- How we THINK about why we have been given those things
- How we FEEL about the things we have been given
- What we DO to express appreciation in turn

### b. Discuss with the children what generosity feels like:

- What does giving mean to you?
- What does it mean to be selfless?
- Why is it difficult to give things away?
- Has anyone shown you generosity? How did that make you feel?



## Suggestions to use this book for a **one hour session**

### 2. Let's start with the Peace Intentions (10 minutes)

- Sit quietly, relax, and gently rest your mind on the intention.
- Each intention would take about 15 seconds.
- Please use a relaxed tone and pace with pauses.
- Read the intentions one after the other or play the audio with a pause between the intentions.
- Let your heart be in it!

### 3. Select a few activities from the activity list (1-10) based on your grade level to engage with your children (25 minutes)

### 4. Conclude the session with the Relaxation activity (10 minutes)

- Use the guided relaxation or guided affirmations activity.



# Power of G's activities for Grades K - 12

**ACTIVITY 1 :** Heartwarmers Project

**ACTIVITY 2 :** Gratitude Tree

**ACTIVITY 3 :** Scavenger Hunt

**ACTIVITY 4 :** Gratitude Note

**ACTIVITY 5 :** Thanks Around the World

**ACTIVITY 6 :** Science of Appreciation (video)

**ACTIVITY 7 :** Gratitude Journal

**ACTIVITY 8 :** Appreciation Station

**ACTIVITY 9 :** Appreciation Web

**ACTIVITY 10 :** Pay it Forward

Books

Videos

Guided  
Intentions

Guided  
Affirmations

Guided  
Relaxation

## Heartwarmers Project (Grades K - 12)

- Experience the power of G's within your heart by engaging in the guided Heartfulness relaxation
- After feeling these superpowers, with a heart full of gratitude, children will write letters of hope to those in need
- The letters will be wrapped around a blanket by the children
- Deliver the blankets with hand written letters to shelters or people in need.



## Gratitude Note (Grades K - 12)

1. Make a card to express thanks to anyone who has helped you (Grades K-3)
2. Write a letter/card/poem of gratitude to any adult(volunteer) who has helped out in your community (Grades 4-5)
3. Make a gratitude visit – think of someone who has had a significant impact in your life, express gratitude in a letter or note, and then deliver the letter to him or her (Grades 7-12)



# Gratitude Tree (Grades K - 3)

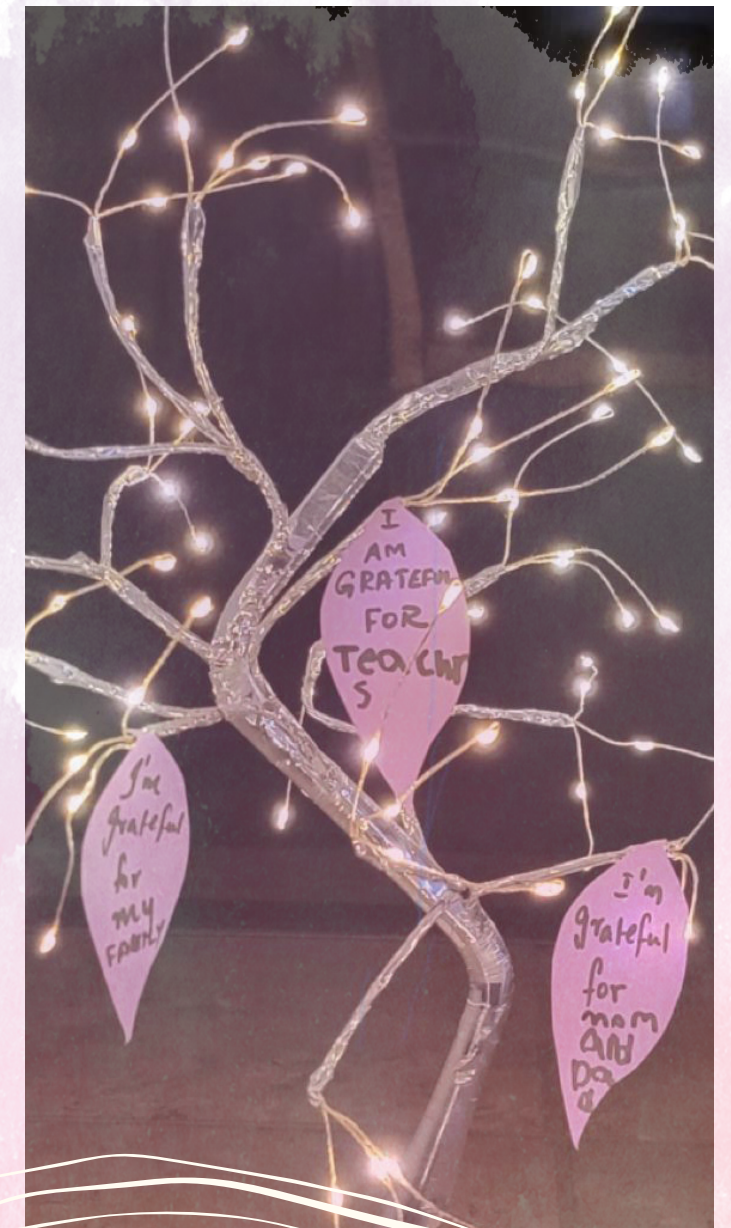
## Materials required

- cut out Fall color paper in the shape of a leaf
- vase (to hold the small branches)
- small tree branches/twigs/ construction paper (to make the stem)
- glue sticks
- permanent marker

## Procedure

Once you have chosen your branches and leaves, you're ready to get started!

1. Brainstorm all the things you're thankful for, together as a community and write one on each leaf.
2. Glue the leaves on to the stem.
3. Decorate extra if you like to make it look pretty.





## Scavenger Hunt (Grades K - 3)

1. Find something outside you enjoy looking at
2. Find something that makes a beautiful sound
3. Find something that has your favorite color
4. Find something that reminds you of someone whom you are thankful for
5. Find something that makes your friend happy
6. Find someone you are grateful for
7. Find something that makes you feel safe
8. Find a book that you would like to read with a friend



## Scavenger Hunt (Grades 4 - 12)

1. Find something outside that you are thankful for in nature
2. Find something that makes a beautiful sound
3. Find someone you can help today
4. Find something that reminds you of someone whom you are thankful for
5. Find something that makes your friend happy
6. Find someone you are grateful for
7. Find something that makes you feel comfortable
8. Find something that you can use to make a gift for someone



# Thanks Around the World (Grades 4 - 12)

Create a display board / video/ word cloud with "thank you" written in different languages!

MERCI

HVALA

KITOS

TAK

TANK

Gracias

DANKE

Thank You

ARIGATO

# Appreciation Station (Grades 4 - 12)

## Instructions

1. This is a great way to shine a spotlight on positive things that are happening in the classroom or beyond.
2. You could set up a board where children can post thank-you notes to the one that they are grateful for.
3. These could be posted on colorful post-it notes or note cards.
4. Children can add to the board over time whenever they think of anything new to add. This way the appreciation station keeps growing



## Appreciation Web (Grades 4 - 12)

1. Each child writes their name in the center of a blank sheet of paper.
2. The papers are then passed to the child next to them in one direction.
3. Everyone writes an appreciation note for the child on the paper creating a web of appreciation, until all have contributed.

Examples:

*Thank you for helping me with my classwork/homework.*

*Thank you for helping me celebrate my birthday.*

*I am thankful to you for having lunch with me.*

*I am grateful for your help when I fell down during PE.*

*Thank you for being my friend!*

*Thank you for making me laugh.*



# Gratitude Journal (Grades 6 - 12)

Watch the video on [‘The Science of Appreciation’](#)

1. Think 3 incidents in the past 24 hours that you were grateful for or brought you happiness
2. Write down each incident however small with as much detail as possible with names and actions performed and why made you feel happy or grateful

Think about three things that you are grateful (thankful) for in the past 24 hours.  
Write them in your Gratitude Journal.

*I am grateful for:*

1. ....
2. ....
3. ....
4. ....

## Pay it forward (Grades 7 - 12)

*Have a discussion about what it means to pay it forward - respond to a kindness done to you by passing it along*

1. Visit a grandparent / elderly person who you might know
2. Volunteer for a local organization
3. Do the dishes or load the dishwasher, even if it isn't your turn.
4. Mow the lawn for someone who can't do it themselves.
5. Find out about someone else's culture.
6. Hold the door open for someone who has their hands full.



## Read a book

1. Thanks a Million by Nikki Grimes
2. Andy and the Lion by James Henry Daugherty
3. Bear Says Thanks by Karma Wilson
4. Giving Tree by Shel Silverstein
5. The Thank You Letter by Jane Cabrera





## Watch a video on Gratitude and Generosity

1. [On the Road: Middle school football players execute life-changing play](#)
2. [Practicing Gratitude \(and 10 things I'm grateful for\)](#)
3. [Happiness is helping others](#)
4. [The Science of Gratitude](#)
5. [When Nobody's Watching](#)





heartfulness  
advancing **L** with kindness

Something for all of us

Guided Experiences to Foster  
Gratitude and Generosity

# Peace Intentions

Sit quietly, relax and gently rest your mind on the following thought.

Let your heart be in it!

## INTENTION #1

Among all people in the world

Let there be compassion

Let there be kindness

Let there be love

Let there be peace



# Peace Intentions

Sit quietly, relax and gently rest your mind on the following thought.

Let your heart be in it!

## INTENTION #2

Everything around you is absorbing peace, including the sky, the oceans, the trees, the people, the wildfire, the buildings – and everything is radiating peace.



# Peace Intentions

Sit quietly, relax and gently rest your mind on the following thought.

Let your heart be in it!

## INTENTION #3

Everyone is becoming peaceful,  
nurturing correct thinking,  
right understanding,  
and integrity of purpose.



## Practice guided Heartfulness Relaxation to relax your body and mind, and finally rest in your HEART

*Practice this guided relaxation by reading (and learning) this relaxation script, which makes gentle suggestions to relax your body, from the feet to the top of the head, and finally resting at the heart.*

Sit comfortably and close your eyes very softly and very gently.

Begin with the toes. Wiggle your toes. Now feel them relax.

Feel the healing energy of Mother Earth move up into your toes, feet and ankles. Then up to your knees, relaxing the lower legs.

Feel the healing energy move further up your legs. Relax your thighs. Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From your tailbone to your shoulders, feel your entire back relaxing.

Relax your chest and ... and shoulders. Feel your shoulders simply melting away...

Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax your neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed. Scan your system from top to toe, and if there is any part of your body that is still tense, painful or unwell, feel it being immersed in the healing energy of Mother Earth for a little while longer.

When you are ready, move your attention to your heart. Let's rest there for a while, feeling immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed within.

Remain absorbed for as long as you want, until you feel ready to come out.

Being kind  
to yourself fosters  
*Gratitude and Generosity!*

GUIDED AUDIO

[Male voice](#)

[Female voice](#)

# Heartful Affirmations

*By stating an affirmation heartfully, we tune the chaos of the mind into the stillness of the heart, deepening our internal connection and strengthening the positive traits of the heart, such as compassion, empathy, and love.*

*These affirmations help us center, relax and be open. When we connect internally we are better able to connect externally to everyone and everything around us.*

I am happy, joyful and grateful for all my life experiences.

I am clear, calm and confident with my words and actions. I am balanced, I am centered, I am relaxed, I am connected within my heart.

I am becoming more empathetic, compassionate and loving.

I am genuine in my thinking, I am developing correct thinking, clear understanding and an honest approach to life.

I am feeling connected to everyone and everything around me.

Practice this guided tool  
to nurture

*Generosity to Self*

GUIDED AUDIO

Male voice



Female voice

# How do you feel now?



Remember that the first step is to create awareness and learning to verbalize our feelings. Here are some feelings flashcards to help you.

How do I feel?



ME or WE





RESTLESS or RELAX



FEAR or COURAGE



ANGER or LOVE



[www.heartfulschools.org](http://www.heartfulschools.org)  
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How do I feel?

REACTIVE or RESPONSIVE



COMPLEX or SIMPLE



ANXIETY or POISE



STRESSFUL or PEACEFUL





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How do I feel?



IMBALANCE or BALANCE





HEAVY or LIGHT




CONFUSION or CLARITY



DESIRE or CONTENTMENT



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" Gratitude is the way to appreciate what is given as well as the giver. "

*Daaji*



Send us pictures from your activities  
by emailing or tagging us on our social media!

**#heartfulschools**



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