

THEME 6: GRATITUDE (TODDLERS)

Lesson 17: Gratitude for my body

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives:

1. Introduced review of things kids shared they are grateful for, and discuss what boy is grateful for in "All of Me" (e.g., body, calm, universe, feelings, silence, etc...)
2. Introduced mindful eating with all senses.
3. Introduced mindful eating with eyes, ears, smell, touch, and taste.
4. Introduced paying attention to senses and body as try each food, and being grateful for each food.
5. Introduced pretending that we have never eaten the food and this will be the first time, tell children to wait to eat them until directed.
6. Introduced five senses with each food item and ask questions (e.g., shape, color, noise, scent, texture, etc...)
7. Introduced what is happening to mouth before as doing this exercise and then as take a bite and chew for each food item.
8. Introduced telling a friend about all the sensations of the food and while we eat we are mindful of feelings and our breath.
9. Introduced concept: My body is able to do many things.
10. Introduced concept: I am grateful for my body.

1. What key concept/ideas from the curriculum were your focus for this lesson?

2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?

3. What was challenging? What would you change or do differently next time?

THEME 6: GRATITUDE

Lesson 18: Gratitude for other people

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives

1. Introduced review of gratitude and add stickers to Kindness Garden for acts of kindness from others.
2. Introduced "What's My Job" and show some helper cards, and help kids identify those in the neighborhood that help them out, being sure to emphasize to keep the answer in their head.
3. Introduced how it feels to keep the answer quiet for a while or to guess incorrectly.
4. Introduced pretending to be bus drivers and what would happen if we did not have bus drivers and practice saying thank you.
5. Introduced pretending to be a firefighter.
6. Introduced identifying what firefighters do and what would happen if we did not have fire fighters and practice saying thank you.
7. putting pictures up and singing caring song for all those who help us.
8. Introduced wishing all these helpers happy, peace, and love.
9. Introduced concept: Many people help keep me safe and healthy
10. Introduced concept: I can be kind and say "thank you" to people.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

