

THEME 6: GRATITUDE

Lesson 17: Gratitude for my body.

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0	----- 1 -----	2 -----	3 -----	4 -----	5 -----	6 -----	7 -----
<i>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>			<i>Introduced it & provided some explanation & some practice</i>			<i>Introduced it & provided detailed explanation & practice</i>

<i>Lesson Objectives</i>	0	1	2	3	4	5	6	7
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...)	0	1	2	3	4	5	6	7
2. Introduced mindful eating with all senses.	0	1	2	3	4	5	6	7
3. Introduced mindful eating with eyes, ears, smell, touch, and taste.	0	1	2	3	4	5	6	7
4. Introduced paying attention to senses and body as try each food, and being grateful for each food.	0	1	2	3	4	5	6	7
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.	0	1	2	3	4	5	6	7
6. Introduced five senses with each food item and ask questions (e.g., shape, color, noise, scent, texture, etc...)	0	1	2	3	4	5	6	7
7. Introduced what is happening to mouth before as doing this exercise and then as take a bite and chew for each food item.	0	1	2	3	4	5	6	7
8. Introduced telling a friend about all the sensations of the food and while we eat we are mindful of feelings and our breath.	0	1	2	3	4	5	6	7
9. Introduced concept: My body is able to do many things.	0	1	2	3	4	5	6	7
10. Introduced concept: I am grateful for my body.	0	1	2	3	4	5	6	7

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?

THEME 6: GRATITUDE

Lesson 18: Gratitude for other people.

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0	----- 1 -----	2 -----	3 -----	4 -----	5 -----	6 -----	7 -----
<i>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>		<i>Introduced it & provided some explanation & some practice</i>				<i>Introduced it & provided detailed explanation & practice</i>

<i>Lesson Objectives</i>	0	1	2	3	4	5	6	7
1. Introduced review of gratitude and add stickers to Kindness Garden for acts of kindness from others.	0	1	2	3	4	5	6	7
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.	0	1	2	3	4	5	6	7
3. Introduced how it feels to keep the answer quiet for a while or to guess incorrectly.	0	1	2	3	4	5	6	7
4. Introduced pretending to be bus drivers and what would happen if we did not have bus drivers and practice saying thank you.	0	1	2	3	4	5	6	7
5. Introduced pretending to be a firefighter.	0	1	2	3	4	5	6	7
6. Introduced identifying what firefighters do and what would happen if we did not have fire fighters and practice saying thank you.	0	1	2	3	4	5	6	7
7. Introduced putting pictures up and singing caring song for all those who help us.	0	1	2	3	4	5	6	7
8. Introduced wishing all these helpers happy, peace, and love.	0	1	2	3	4	5	6	7
9. Introduced concept: Many people help keep me safe and healthy	0	1	2	3	4	5	6	7
10. Introduced concept: I can be kind and say "thank you" to people.	0	1	2	3	4	5	6	7

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?
5. Are the activities in this week's lessons similar to activities you do as part of your other programming or Pyramid programming? That is, do you think there is major overlap?