



- Guidance Lesson -

Train your Brain

Objective: Encourage positive thinking even during times of adversity

Estimated Time: 15-30 minutes

Materials: notebook paper, pen/pencil, technology to show video

Activity/Discussion:

1. Play the ["25 things to be thankful for"](https://youtu.be/yA5Qpt1JRE4) video (Direct Link: <https://youtu.be/yA5Qpt1JRE4>).
 2. Remind students that there are days that we have a lot to be thankful for and there are days that we have trouble coming up with one single reason.
 3. Provide paper and pencil to each student.
 4. Instruct students to spend 3-5 minutes writing down things that they are thankful for and remind them that there is nothing too big or small in regards to their list. You may want to give a number requirement for those reluctant students, such as, list at least 5 things you are thankful for.
 5. After the 3-5 minutes is over. Have students turn to a partner and share their list.
 6. Next, have them stand up and walk across the room to share their list with a different partner.
 7. As a whole group, have each student share one thing from their list.
- This activity can be done consistently in any classroom or can even be campus wide on a weekly basis.