



- Guidance Lesson -

Thanks a Million

Objective: Reinforce the power of practicing gratitude and allow students the opportunity to show gratitude to a staff member on campus.

Estimated Time: 15-30 minutes

Materials: You're Priceless gratitude sheets, pens/pencils, mini 100 Grand candy bars

Activity/Discussion:

1. Show this video to your class. [Students Surprise Teachers with Gratitude](#)
2. Explain to students that you are going to take time out today to practice showing gratitude to an adult on campus. It can be a teacher, counselor, coach, administrator, custodian, cafeteria worker, bus driver, or paraprofessional.
3. Allow time for them to think about who they would like to thank and what they want to thank them for.
4. Pass out the gratitude sheets and encourage students to speak from their heart and try to be specific when it comes to the reason they are thanking this adult on campus.
5. When a student completes the sheet give them a candy bar and tell them that practicing gratitude is totally free, but completely priceless.
6. Encourage students to deliver the gratitude sheets to that adult or offer to deliver them.

Reflection:

- How can practicing gratitude have a positive impact on your mental health?
- How can practicing gratitude have a positive impact on your physical health?
- **Challenge:** Continue this activity with other people in your life who you are thankful for, such as, friends, family, or people in your community.



You're Priceless

Dear _____

Thank you for

You have made a positive impact on my life
because you

Thanks a million,

