

Theme: Love

Educational Resources: Secondary School (7th - 12th)

Activity: Gratitude Text

Subject: Any

Prep Time: 5 min

Activity Time: 10 min

Activity Description: Text in school? Yes, for kindness! Take the time to text someone you are thankful for or someone you haven't reached out to in a while. Remind the person you text that they are appreciated.

Recommend that your students send more texts of love and gratitude when they are on their own time.

Direct Instruction –

Take 5 minutes to talk to your students about why we show love and appreciation to others. Let students brainstorm ideas. What are students general topics of their texts? How often do they text gratitude? How would they feel if they received the following text for no reason. *“Hey, I just wanted to tell you I was thinking about you and am so grateful that we are friends. I love getting coffee with you! You mean a lot to me!”* Ask students to think about who in their lives has not gotten enough love/appreciation recently. Let them know they are going to text 5 people.

Individual Activity -

Allow the students to text 5 people in class. Requirements include that they tell each person something you are grateful for.

Group Discussion –

If time allows, ask students if they feel comfortable sharing their text. How did sending that text make them feel? How would they feel if someone sent them the same kind of text?

Outcome Measurement:

Follow up the next day. Ask these questions: How did you feel after you sent the texts? Did any of the people you texted respond? How did their responses make you feel? Can you commit to sending kind texts weekly or daily?

Sources: SevenDays® Inc.

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Social Development- Interpersonal Skills
 - Character Development – Core Principles

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**