



DEEP DIVE: CONTENTMENT

GRATITUDE TREE

**SEL COMPETENCIES: SELF-AWARENESS,
SELF-MANAGEMENT**

LEARNING OBJECTIVES:

- Students will be able to REPEAT the value word and definition each month.
- Students will be able to EXPLAIN the value in their own words, give examples of it, and tell why it matters.
- Students will be able to RECOGNIZE the value when they see it in literature, other people, history, books and nature.
- Students will be able to DEMONSTRATE the value in their life at school and at home.

MATERIALS NEEDED:

- Blank copy paper (1 sheet per student)
- Brown, green, and orange construction paper
- Markers, crayons or colored pencils
- Glue
- Scissors

INTRODUCTION TO LESSON (5 minutes):

Contentment is learning to be okay with what you have. Think of toys or items that you have that you enjoy playing with or getting to do at school, home, etc. Of course, we will always want something that someone else has or that new toy at the store, but it's important that we continue to be grateful for what we do have and hopeful and patient for what we may get in the future.

INSTRUCTION/ACTIVITY(10 minutes):

You Say: One way to learn how to be okay with what you have is to list out the things that you do have and how you are grateful for each thing. Now, let's talk about some things that we have that we are grateful for. Open up class discussion with things that you are grateful for.

Activity: Now that we have discussed what each of us is grateful for, let's do our activity. I am going to pass around your materials. I want you each to draw a tree with lots of branches. Once you have drawn your tree and branches, you will cut out leaves from the varying construction papers. On each leaf I want you to write something you are grateful for. Once you have completed your leaves, you may glue them onto the branches of your tree. Once everyone is finished we will have time to present our trees to the class.

WRAP UP (5 minutes): Contentment is learning to be okay with what you have. Now that we have identified the things we do have and are grateful for, we can focus on being okay with what we each have.