

# Gratitudes



## Week Two: Scanning and Showing Gratitude

**Pework Expectation:** Watch this video from the folks at Brain Craft (Send this link out in advance)  
[The Amazing Effects of Gratitude](#)

**Learning Objective:** (“Each participant...”)

- Will continue their 21-day challenge
- Will discuss the central theme of The Orange Frog and discover it’s metaphorical connections to everyday life.
- Re-frame one’s thinking to create a “SPARK-like” self identity

**Essential Concept:**

*Demonstrate leadership, integrity, ethical behavior and social responsibility in all environments.*

- Provide positive encouragement to others.
- Relate positively to others.
- Understand methods to influence others.

**Skills Required:**

- Self-management
- Self-awareness
- Communicate clearly
- Collaborate on structured tasks
- Show sensitivity to others’ views and ideas
- Understand how to create consensus
- Use active listening and speaking skills
- Positively support the work of others

**Opening question(s):**

“Does it take long to scan through your day and think of three things to be thankful for?”

“Is it easy for you to find something to be grateful in your day to day life?”

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## Thoughts to Consider:

Some days, it's difficult to find the "good" in your day. Nevertheless, there is a positive concept in every single day. A beneficial part of discovering something good in your day is expressing gratitude toward someone else. When we show gratitude toward someone else through our day, it creates space to provide a positive experience for ourselves, and someone else. Think of someone who you are grateful for. Showing someone else gratitude can be a way to scan for positives in your day.

## Connecting This Lesson To Our Work:

- How can scanning for something good in your day, either at home or at work, lead to being grateful towards others?
- How can the inverse work? Can scanning for people to be grateful for at work lead to finding positive aspects of your work life?

## Action:

Today, we are going to practice gratitudes by writing a positive email. We are going to let someone that we care about know that we are grateful to them. You can write specifics of why you are thankful, or you can simply say "Thank you" and sign your name.

Example Sentence frames:

Thank you so much for \_\_\_\_\_.

I am so thankful for \_\_\_\_\_.

Thank you for being there for me when \_\_\_\_\_.

## Weekly To-Do's:

1. Continue with your twenty-one day Gratitude challenge
2. Make sure to use the Gratitude Journal to track your progress

## Alternate Discussions:

- Is it easy to think of someone to be thankful for?
- Is there a person you think is thankful for you?
- What do you think happens when you show gratitude to someone?
- Who becomes happier when you give gratitude? The giver or the receiver?