

# Gratitude and Active Listening

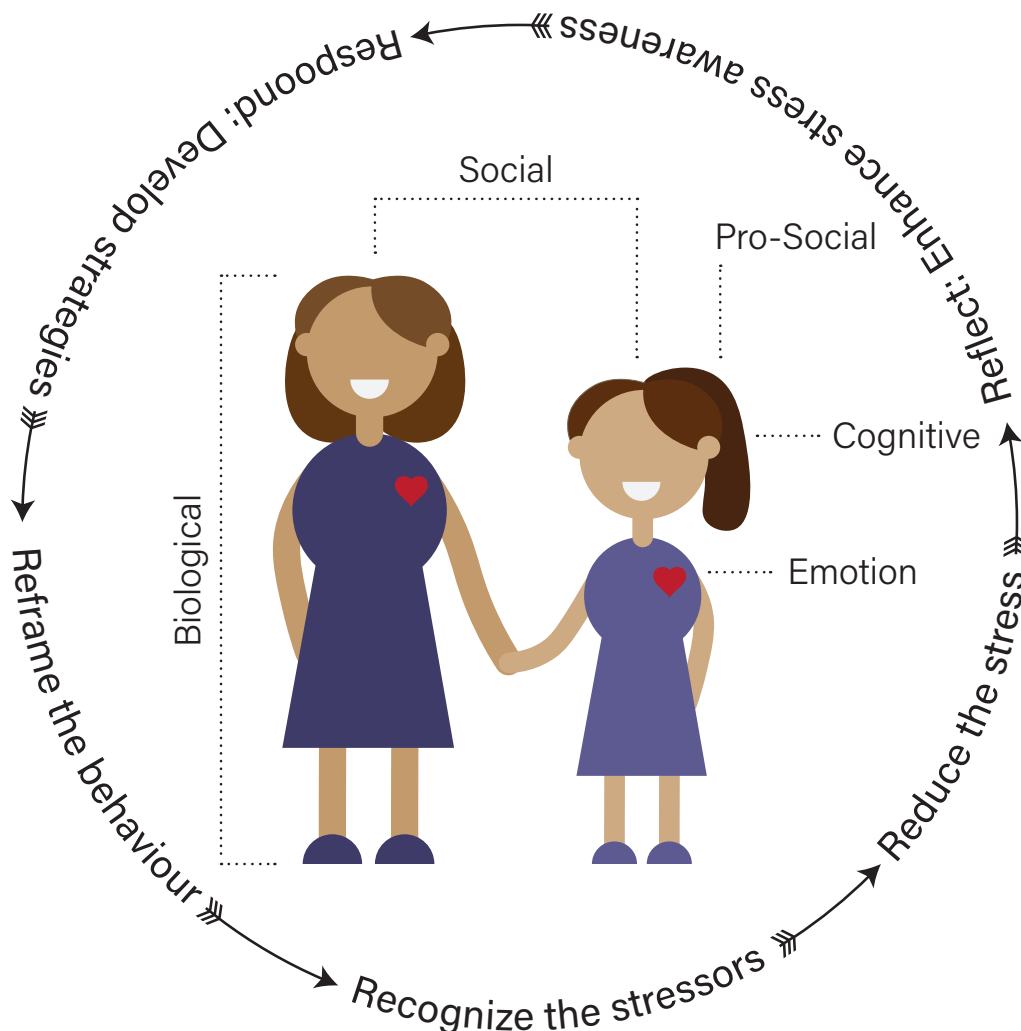
## Well Being for Families with Children in Grades K-3

### What is Social and Emotional Learning (SEL)?

Social-emotional skills help us to be successful at home, school, and work. They are the kinds of skills that are needed to start and keep friendships, complete tasks, and stay positive in the face of stress or adversity. There are many social-emotional skills that we learn in life as we grow up into adulthood, but most fall into these main categories, skills that help us:

- identify and manage emotions
- cope with stress
- stay positive and persevere when things are difficult
- build and keep healthy relationships
- understand and celebrate our identity
- engage in critical and creative thinking

Source: Student Mental Health Ontario



# Lesson 1

## Positive Motivation - Cultivating Guide

### Strategy / Activity: What is Positive Motivation?

#### What is Positive Motivation?

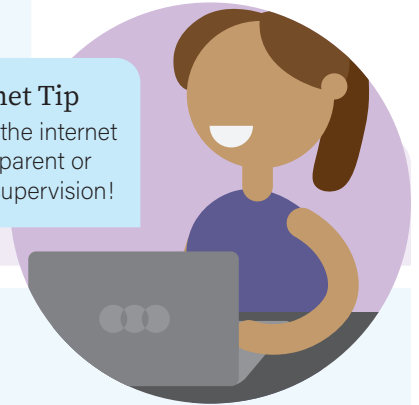
Positive motivation and perseverance skills can help students approach challenges in life with an optimistic mindset and remain hopeful even when their circumstances are difficult.

#### Internet Tip

Never use the internet without parent or guardian supervision!

Take a look at this awesome resource!

[http://bit.ly/RRHC\\_SEL00](http://bit.ly/RRHC_SEL00)



### Parent / Caregiver Overview

#### Learning Goals

The learning goal for this activity is for children to develop the skill of reflecting on and expressing what is going well for them, and to shift the balance towards optimism. Gratitude is a key skill for social-emotional well-being, proven to support greater happiness and satisfaction in life.

#### Support Strategies to Teach the Lesson

- Teach this skill when your child is calm and happy.
- Adapt for what works best for your child.
- This is all the more powerful a tool when it becomes part of the family's habits and routines.

### Family Activities

#### Gratitude Journal

During the day, ask your child to write down/draw in their journal, two things they are grateful for. This can be done in a dedicated blank journal, or using the worksheet provided. May be combined with a gratitude moment/circle, in which case family members can all prepare to share one thing they feel grateful for.

#### Adaptations

Gratitude can be expressed through drawings, quotes, pictures, etc., or by having a "gratitude wall" where family members can add Post-its describing what they are grateful for that day. You could also have a Gratitude Jar with the prompts provided below that the student or family members can draw from and reflect upon.

#### Family Activity

Get everyone involved to ensure success together!



## A Week of Gratitude

Sunday

Today I am grateful for

Monday

Today I am grateful for

Tuesday

Today I am grateful for

Wednesday

Today I am grateful for

Thursday

Today I am grateful for

Friday

Today I am grateful for

Saturday

Today I am grateful for

## Thankful Post-its

Cut out the boxes below, and use to start your own gratitude wall, or gratitude jar - add your own, or reflect on the examples below.



<p>I am thankful I am physically able to</p> <p>_____</p>	<p>I am thankful I learned how to</p> <p>_____</p>	<p>I am thankful that I own</p> <p>_____</p>	<p>I am thankful for my favourite</p> <p>_____</p>
<p>I am thankful for my teacher</p> <p>_____</p>	<p>I am thankful for this toy</p> <p>_____</p>	<p>I am thankful for this family member</p> <p>_____</p>	<p>I am thankful for this gift</p> <p>_____</p>
<p>Name one adventure that you're thankful for</p> <p>_____</p>	<p>Name one person that you're thankful for</p> <p>_____</p>	<p>I am thankful for</p> <p>_____</p>	<p>I am thankful for</p> <p>_____</p>
<p>I am thankful for</p> <p>_____</p>	<p>I am thankful for</p> <p>_____</p>	<p>I am thankful for</p> <p>_____</p>	<p>I am thankful for</p> <p>_____</p>

## Lesson 2

### Relationship Skills - Active Listening

#### Strategy / Activity

##### What is Active Listening?

Listening is an important skill in healthy relationships, and is a skill that can be learned and practiced.

Take a look at this awesome resource!

[http://bit.ly/RRHC\\_SEL01](http://bit.ly/RRHC_SEL01)

##### Think critically

Asking questions is important when you're learning something new.

#### Instructions / Lesson

##### Learning Goals

To learn the importance of active listening and to practice the skill, which helps others feel valued and understood.

##### Support Strategies to Teach the Lesson

- Teach this skill when your child is calm and happy.
- Adapt for what works best for your child.



#### Activity

##### Active Listening

##### Discuss active listening skills

- Look at the speaker.
- Listen without interrupting.
- Take turns to speak.
- Use actions to show understanding.

##### In pairs

- Sit facing each other. Choose a topic to discuss, with which you each have familiarity.
- Partner one whispers information about the topic, while partner two models one aspect of active listening.
- Partners switch roles when finished.

##### Discuss

- Did they look at their partner when speaking?
- Did they wait until their partner was finished speaking before taking their turn?
- Could they hear what their partner was saying?
- Did they use actions to show understanding?

## Adaptations / Extensions

### Build Emotions Vocabulary

An important way to become a more effective Active Listener is to increase our emotions vocabulary. We are not born knowing how to describe what we feel and we do not automatically know what words mean.

Parents/caregivers can help children by using as many feeling words as possible when actively listening to them.

Having these words readily available to you in your vocabulary can make you a more astute listener, as you may be able to better detect nuances in what your children are feeling. The Feelings Wheel ([www.feelingswheel.com](http://www.feelingswheel.com)) provides words for different feelings. It will help you build your vocabulary to practice with your children.

