GRATITUDE WORKSHOP
Nia House Learning Center
Berkeley, CA
Parent Education Night
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If there is a right in the soul, There will be beauty in the person; If there is beauty in the person, There will be harmony in the home; If there is harmony in the home, There will be order in the nation; If there is order in the nation, There will be PEACE in the world.

- Chinese Proverb
Introductions and Agreements

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✓ Do we agree that my role will be to present information today about the Youth Gratitude Project at Nia House?
✓ Do we agree that your role will be to receive this information and to participate in the activities as you feel comfortable?
✓ Do we also agree to save questions and extra topics for the end as time allows?
✓ Do we agree to end on time, at 6:55?
✓ Questions or concerns?

Thank you, I am grateful to be here!
Research shows...
Gratitude is good for schools!

- Report greater happiness and satisfaction with their lives, friends, family, neighborhood, schools, and selves
- Have higher end-of-year grade point averages
- Show greater engagement in work period, homework, and general school participation
- Report more hope, engagement with their hobbies.
- Have greater perceived and actual social support from parents, peers, and teachers
- Increase their grateful behaviors, i.e. writing thank you letters to the PA and giving compliments at class meetings
- Show reduced envy, depression, and materialism

Positive social relationships greatly reduce the risk of school dropout and improve behavioral and emotional engagement
The Youth Gratitude Project

Funded by the John Templeton Foundation and GGSC’s Expanding Gratitude project

The Youth Gratitude Project (YGP) seeks to understand the keys to—and benefits of—developing gratitude in youth while also shedding light on ways to measure it.
The Youth Gratitude Project
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There is a gap in the research that hampers progress in the science of gratitude

Even though gratitude has long been considered a powerful ingredient of health and well-being for both individuals and societies, no systematic attempt has ever been made to understand its development in youth. This is a gap that seriously hampers progress in the science of gratitude.
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Goals of the Project:

✓ Create gratitude scales for children and adolescents
✓ Examine the development of gratitude in teens
✓ Examine the role of parents & social factors of gratitude
✓ Conduct cross-cultural research on school-based gratitude curriculum
✓ Develop gratitude curriculum for preschoolers, elementary, middle, and high school students.
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Vanessa Callaghan’s and Giacomo Bono’s Preschool Curriculum will be published by the GGSC as a free PDF

Get your copy!
Send your email address to: Vanessa@gratitudeworkshop.com
510-459-0926
“[Schools] must foster a new understanding of the real values of humanity and gratitude must be felt for those workers upon whom human life depends. If man is not appreciated... how can we expect or hope that men will become friends and work in peaceful collaboration?”

(Montessori, A New World and Education, p. 3)
Gratitude at Nia House

Teachers met with students during circle to teach them key gratitude concepts with stories, role-plays, and art activities.

Key Gratitude Concepts

✓ **Practice Everyday Gratitude:** You can choose to be grateful in different ways everyday

✓ **See More Good:** You can notice more things to be grateful for and train your brain to look for good things

✓ **There Are Many Ways to Show Thanks:** Saying ‘thanks’ is just one way to show your gratitude

✓ **Expressing Gratitude Is an Act of Kindness:** You can fill up other people’s ‘buckets’ with gratitude

✓ **It Feels Good to Thank Community Friends:** You can build good friendships and happy communities with gratitude

✓ **Gratitude Feels Good and Builds a Friendly Community**
Everyday Gratitude

After reading *Today I Am Grateful*, students...

- Learn about the concept of gratitude
- Learn how to identify the feeling of gratitude
- Practice noticing things they are grateful for in everyday life
- Make gratitude timelines of their day filled with everyday things that make them feel grateful.
Everyday Gratitude

Try at Home...
• Review the timelines with your children and make a family Gratitude Timeline.
• Create other timelines like a Gratitude Timeline for the Week or a Gratitude Timeline for the Seasons

KEY GRATITUDE CONCEPT:

Practice Everyday Gratitude
You can choose to be grateful in different ways everyday- morning, noon, and night!
After reading *The Thankful Book*, students...

- Learn to be thankful for all kinds of things, even silly and surprising things.
- Meet a grateful character, Seymour Goode, in the story *Seymour Goode Sees More Good*
See More Good with Seymour Goode

After reading *The Thankful Book*, students...

- **Seymour Goode Sees More Good**
- Wear “Goodness Glasses” and use their senses to appreciate the many gifts around them on a yard or neighborhood walk.
- Add gratitude apples to Seymour’s Gratitude Tree
See More Good with Seymour Goode

Try at Home...

• Go on a walk as a family wearing Goodness Glasses (can make more with pipe cleaners, use sunglasses, fingers in circles) and use your senses to find ‘good things’ to be grateful for.

• Create your own Gratitude Tree with gratitude apples.

KEY GRATITUDE CONCEPT:

See More Good
You can notice more things to be grateful for and train your brain to look for good things
Show Thanks with The Wheel of Thanks

After reading *Feeling Thankful*, students...

- Discover that gratitude can be felt toward people, things and activities in many different places, like home, school, the beach, the park, etc.

- Role-play as Seymour Goode using his abilities to show his thanks to his friends.

- Use The Wheel of Thanks to learn about many different ways to say thanks and show gratitude.

*Feeling Thankful*
Show Thanks with the Wheel of Thanks

Try at Home…
- Post up the Wheel of Thanks in your house and when family members express thanks, try different ways to show gratitude.
- Practice each option together as a family when friends, relatives, or community members help or show kindness.

**KEY GRATITUDE CONCEPT:**

There Are Many Ways to Show Thanks
Saying ‘Thanks!’ is just one way to show your gratitude
Filling Buckets with Gratitude and Kindness

After reading *Have You Filled a Bucket Today?*, students...

- Practice filling each other’s buckets with kindness and gratitude and notice when we fill each other’s buckets.

- Learn that showing and saying thanks is an act of kindness, and that kindness helps create friendships and spread joy.
Filling Buckets with Gratitude and Kindness

Try at Home…

• Give each family member a ‘bucket’ to fill with something (marbles in a jar, stickers on a photo, etc) when you give each other kindnesses

• Practice each option together as a family when friends, relatives, or community members help or show kindness.

KEY GRATITUDE CONCEPT:

Expressing Gratitude Is an Act of Kindness: You can fill up other people’s ‘buckets’ with gratitude
Thanking Awesome Friends in Our Community

After reading Good People Everywhere, students...

• Learn that there are people everywhere doing good things.
• Hear stories about many different people doing good things at school.
Thanking Awesome Friends in Our Community

After reading *Good People Everywhere*, students...

- Give Awesome Friend Awards to community members (mail carrier, fruit delivery person, etc.) who do kind things
- Start to notice that the school is a community of helpful, loving people.
Thanking Awesome Friends in Our Community

Try at Home…

• Tell stories that inspire gratitude, describing the kind intentions of the people in their lives and what they do to support their happiness and success. (Did you know that _____ went to three different stores to find the cereal you like? Wasn’t that kind of them? How much time did that take?)

• Guide your kids to make Awesome Friend Awards to give to someone outside of school, such as a parent, neighbor, or other community member.

KEY GRATITUDE CONCEPT:

It Feels Good to Thank Community Friends:
You can build good friendships and happy communities with gratitude
Gratitude Feels Good and Builds Friendships

In the final session, students...

• Review all of the concepts and books
• Are awarded certificates of completion
• Learn that choosing to feel thankful everyday leads to happy, hopeful, and trustful feelings
• Learn that gratitude and kindness helps create supportive friendships and a loving community.
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✓ **It Feels Good to Thank Community Friends:** You can build good friendships and happy communities with gratitude

✓ **Gratitude Feels Good and Builds a Friendly Community**
If the only prayer you ever say in your entire life is thank you, it will be enough.

Meister Eckhart
Questions?

GRATITUDE PRACTICES
for Preschoolers
RESOURCES

STORIES
(Friends) Andy and the Lion by James Henry Daugherty
(Family) Sylvester and the Magic Pebble by William Steig
(Wonders of Life) The Secret of Saying Thanks by Douglas Wood
(What You Have) Gratitude Soup by Olivia Rosewood
(Caring Intentions) Miss Tizzy by Libba Moore Gray

SONGS
Grateful: A Song of Giving Thanks by John Buccino
Native Message of Gratitude: Giving Thanks by Jake Swamp
RESOURCES

POEMS
Thanks a Million by Nikki Grimes
A Good Day by Brother David Stiendl-Rast
Thanksgiving by Ivy O. Eastwick

FOR ADULTS
Making Grateful Kids: The Science of Building Character by Jeffrey J. Froh and Giacomo Bono
Gratitude Works! by Robert A. Emmons
The How of Happiness by Sonja Lyubomirsky
*articles
References


