



# SPARK!

*Igniting digital learning through shared experience*

Teacher Edition

## HOW DO WE CULTIVATE GRATITUDE IN OUR ONLINE COMMUNITIES TO IMPROVE WELL-BEING, NURTURE RELATIONSHIPS, AND ACTIVATE LEARNING?

● Lainie Rowell; Author, Speaker, Consultant

Gratitude is much more than just a nice sentiment; it's rooted in ancient wisdom and supported by modern science, with the power to improve well-being, nurture relationships, and activate learning within our online communities.

Psychologist [Andrea Hussong](#) and her research team have identified four essential components of the gratitude experience: notice, think, feel, and do. To unlock the full benefits of gratitude, we can guide learners through these steps.

Start by encouraging learners to notice the positives in their lives. Often, we overlook the everyday wonders that surround us. We can take a cue from author Neil Pasricha and "embrace our inner 3-year-old" to observe the tiny joys in our learning communities such as:

- [Discovering a new book series](#)
- [A specific & authentic compliment](#)
- [Solving a challenging math problem](#)
- [Helping someone understand a tough concept](#)

Noticing can be difficult for kids and adults so I love to show very short video clips I find on the web of babies and toddlers experiencing things in the world for the very first time. For example, [the first bite of ice cream](#), a walk in the [underwater tunnel at an aquarium](#), even [blowing bubbles](#).

I ask everyone to pick one thing they are grateful for and think deeply about why the universe dropped this amazing person/place/thing in their lap.

Before I ask them how they feel about this gift, I like to share this video of a [first grader reading a thank you note to his football coach](#). Watching others experience and express gratitude can help evoke profound emotions. I also give them a word bank of core emotions to help them develop their emotions vocabulary.

Even if we don't have time for the "do" during instructional time, we can give learners a call to action to express appreciation to others.

I hope you will consider integrating gratitude into your online learning environment through [CASEL's 3 Signature Practices](#): welcoming inclusion activities, engaging strategies, and optimistic closures. By doing so, you can foster a culture of gratitude that enhances the well-being of all participants in your online community.

## RESOURCES

- [Promoting Gratitude in Your Classroom | Edutopia](#)
- [3 SEL Practices Teachers Can Use Every Day | Edutopia](#)

### Notice, Think, Feel, Do.



#### Facilitator Notes:

View the "speaker notes" for directions.

And please feel free to **File → Make a Copy** and customize these slides to meet the needs of your group.

With gratitude,  
Lainie  
Lainie@me.com

[Click Here](#) for Slides

## LAINIE ROWELL



Lainie Rowell, a [bestselling author](#), award-winning educator, and TEDx speaker, is dedicated to promoting human flourishing through community building, social-emotional learning, and learner-driven design. With a degree in psychology and postgraduate degrees in education, she shares her extensive experience as an international keynote speaker, having presented in 41 states and dozens of countries across four continents. Lainie's client list ranges from Fortune 100 companies like Apple and Google to school districts and independent schools.