



November 2008

Character Council Educator Quality of the Month Gratefulness

Gratefulness:

Letting others know by my words and actions how they have benefited my life.

I will:

- show my parents and teachers that I appreciate them
- write “thank you” notes
- take care of my things
- be content with what I have
- count my benefits rather than my burdens

The squeaky wheel might get the grease – but who wants grease? Pleasant people, who are grateful and appreciative of those around them and the blessings that they have, will attract others. Complainers rarely make friends easily. This month focus on being grateful and aware of the good things around us.

- ☺ **The Gratefulness Race:** Students will need a writing utensil and a piece of paper. Time them for two minutes and tell them to write down as many things that they are grateful for as they can, staying on the front of the paper. Explain that this is a contest to see who can write the most. When the time is up, have the students get into groups of 5 – 8 students and count their answers and then compare answers.

Have them cross out anything on their list that is on another group member’s. You can give a prize for the person who has the most, if you want. Now have them turn the paper over, and time them for two more minutes, this time have them try to have as many unique things for which they are grateful on their list as they can. When the time is up, have them compare lists again, and, if you want, you can give a prize to the one who has the most unique answers. For younger students you may want to have them fold their paper into fourths and draw a picture in each block. Share the answers as a group and write a list on



the board as they share.

- ☺ **Links of Gratitude:** Every day for a week, have each student write one thing for which they are grateful on a strip of paper, and make a chain in your classroom. See how long the chain is at the end of the week. A variation is to keep a journal, and have every student write down five things they are thankful for each day. For younger kids, they can draw pictures of things for which they are grateful.



- ☺ **Going without:** The storms that hit Cincinnati and the surrounding areas last month knocked out power for the majority of the households. For some people, it was over a week before power was restored. Share stories about what each student did when they had no power. What was different when there was no power? What if we had to go without other things, such as cars, or already-prepared food? Try not buying bread for a week, and make it instead. Or avoid using the car for short trips, and walk or ride a bike. Try going without something you rely on, and when you get it back, you will be that much more thankful for it.



To subscribe to this newsletter send an email with a subscribe message to
Jill Tomey, Director of Education, jtomey@charactercincinnati.org

© Character Council of Greater Cincinnati & Northern Kentucky Mary Andres Russell, Executive Director
513.467.0170 mrussell@charactercincinnati.org

The 49 Character Qualities are adapted from Character First! materials and are used with permission from the Character Training Institute.