

## Gratitude Guidance Lesson for Grades 5<sup>th</sup>-8<sup>th</sup> (45 minutes)

Share the inspirational story- A Black Dot Story

<https://www.youtube.com/watch?v=pBOqE0JdKMw>

Have students **sit** at their desks and follow the “Gratitude Meditation.”

[https://www.youtube.com/watch?v=\\_qpxWpGH11Q](https://www.youtube.com/watch?v=_qpxWpGH11Q)

Finish out the lesson with the students reflecting of things big and small in their lives and with those ideas write a Gratitude Prayer-

- ❖ Template for Gratitude Prayer is attached.

