|  |  |
| --- | --- |
| **Date:**20 September 2021 | **Age group:**13-14 |
| **Lesson objective:** **Exercising gratitude**  Development of emotional intelligence, thinking, creativity, personality. Strengthening positive thoughts, emotions and mastering the practice of gratitude. | |
| **Resources needed:** laptop, speaker, projector, printed quotes, cardboard, ruler, writing tools,  felt-tip pens, coloured pencils, A / 4 sheet, scissors, tape, Happiness book, pebbles | |
| **Description of lesson:**  1. Organizational tasks  2. -László Váray: Thanksgiving:  <https://www.youtube.com/watch?v=PKYIrWWk23I>  -Meanwhile handing out gratitude quotes - dragging  -Discussion about the song, its topic.  -Reading quotes, their meaning, their impact on students  discussing.  3. -Preparation of Thanksgiving bell  -Drawing and scheduling lessons. (Later, a joint montage will be made of them.)  4. Expressing gratitude on each other's backs    5. -A glass of milk  - The story in the video:  <https://www.youtube.com/watch?v=5QPGQB3GMGU>  - Discussion and processing of the animated film seen.  - Who means gratitude?  6. Thanksgiving  7. Assigning gratitude stones to each other (Whoever wants to, tells why he gives, who you don't want to, we don't force it.)  8. “Homework” preparation: writing thank you coupons for parents.  9. -Closure: Gratitude to me means… Meanwhile, Kowalsky says Thanks to you c.  number  <https://www.youtube.com/watch?v=jadtGMYYZBg> | |
| **Outcome:** Grateful thinking can neutralize negative feelings: envy, greed, hostility, anxiety, annoyance, resentment, and even loneliness as well.  **C:\Users\Balogh Család\Downloads\bell.png** | |
| **Next steps/follow-on activity:**  Practising optimism | |

II Rákóczi Ferenc Általános Iskola Berettyóújfalu,Hungary

by Teberánné Körtvélyesi Éva