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| **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 tasks2. -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 studentsdiscussing.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 backs5. -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. Thanksgiving7. 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  |

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