

Overview

This Lesson puts Gratitude at its center; first making the idea of Gratitude and the potential health benefits of practicing it, explicit. We've provided tools (videos, and PDFs) for supporting the three discussion topics that lead up to a visual arts activity, Gratitude Trophies. As is always the case, your current classroom culture, how familiar students are with each other and with you (the teacher), and possible prior classroom investigations into the Discussion Topics will affect how deeply each topic will need to be explored. Once Gratitude, Compliments, and Metaphorical Thinking are examined, students will engage in a 3D sculptural process culminating in a giving and receiving experience. This activity asks students to be vulnerable, generous, and kind. These qualities may or may not be celebrated or practiced in other spaces in their lives. Acknowledging their efforts, framing expectations in positive ways, and giving time to the recommended discussion topics will enrich and inform the Gratitude Trophies activity.

Discussion Topics

1. Why Gratitude? This **video** can be used as a teacher facing tool to prepare for an initial classroom discussion around the topic of gratitude OR it can be used in the classroom to support that conversation.
2. Defining compliments - The **Virtues List** (created by The Virtues Project) is a support for framing compliments. Provide copies for students or generate an original list of virtues as a class. Ask students to consider the qualities and actions of a person rather than physical attributes or appearances.
3. Metaphor Review or Introduction - [Metaphorical Thinking](#), This resource may support the Gratitude Trophies Creative Challenge. What happens when we expand a literal meaning into a metaphor? How can we transform language, and the way we approach the expression of our admiration into metaphor? How does the metaphor invite nuance, subjectivity, and rich visual opportunities?

Priming Activities

4. Teacher Primer - We recommend doing this short activity on your own as a tool for opening to gratitude. It can also be an activity for students.
5. Circle of Compliments - A protocol for practicing giving and receiving gratitude in a group setting.
6. Delight List - An independent contemplative activity for inventorying one's opportunities for gratitude, potential discussion material

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Creative Challenge

7. Gratitude Trophies - Using metaphorical thinking and 3d modeling to manifest visual representations of appreciation

Reflection

8. Award Ceremony (small or large group) or Gallery Showing - Each student presents a trophy to the student on the right, revealing the metaphor and then working backwards by sharing the list of qualities. The student receiving was already warmed up to “receiving” the compliment and accepting the honor bestowed by a peer with full attentive audience of the community.
9. Questions - how it felt to give and receive your trophy. What discoveries (about the person) came from making a trophy for someone? What discoveries came from receiving your trophy?

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