



Listening Time:



25:47

SEASON 4 , EPISODE 1

Gratitude PowerUp

Gratitude can be a big, abstract idea for most young children — but it is important! Feeling grateful can help to foster emotional well-being and resilience. Research shows that practicing gratitude can reduce stress and anxiety, improve relationships, and promote a sense of belonging.

In this episode of Little Kids, Big Hearts, three children (Charlie, Roxy, and Everly) discuss what gratitude means and help a Qook-a-lacka friend, Kwi-loh (played by Lauren Blumenfeld), power up the Gratitude Power Plant in the Land of Qook-a-lackas.

These activities will help children think about the people, things, and places for which they are grateful.



The Power of Gratitude

Kindergarten - 4th Grade



Goals

- ♥ Be aware of our feelings and what we are grateful for
- ♥ Practice empathy
- ♥ Listen to, and learn from, each other

Instructions



Play the Episode

If the class has not yet listened to the Gratitude PowerUp episode of Little Kids, Big Hearts, start by listening! It's wherever you listen to podcasts. Learn more (or listen) at playsparkler.org/podcast.

Materials



Get Ready! Here's what you'll need:

- ♥ A blank wall and painter's tape or a white board and dry erase markers
- ♥ Post-it notes and pens

Discussion



Ask your students to share things they are grateful for. Ask them for examples of things they're grateful for in the following categories. The more specific, the better!

- ♥ The Earth/Nature
- ♥ Family or Family Traditions
- ♥ Friends
- ♥ School
- ♥ Community/Neighborhood
- ♥ Experiences we've had

Activity



- Today, we're going to start filling up our class's "Gratitude Power Plant."
- This upside down triangle LOOKS like a normal upside down triangle, but it's actually our very own Gratitude Power Plant. When we get to this horizontal line we've reached **Soft Sparkle**. when we get to this one, we've reached **Bright Shine**, and when we get up to this one at the top, we're at the highest level: **Radiant Bliss!**
- Let's write or draw people/places/things we're grateful for on post-it notes. Now let's start at the bottom and fill up our power plant.
- How much gratitude can we collect? (This can be done in a day or over time.)



Gratitude Quilt

Pre K- Kindergarten



Goals

- ♥ Understanding what “gratitude” is
- ♥ Building social and emotional skills by thinking about feelings and sharing with classmates

Instructions



Play the Episode

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Materials



Get Ready! Here's what you'll need:

- ♥ Markers, crayons, or colored pencils
- ♥ The quilt square template attached
- ♥ Bulletin board or part of the wall to display the assembled quilt

Discussion



Discuss gratitude with your class to help everyone start thinking about what gratitude is, and the people, places, and things they are grateful for.

- ♥ What is gratitude?
- ♥ What do you feel like when you feel gratitude?
- ♥ Why do you think gratitude is important?
- ♥ Even on hard days, there are things we can be grateful for. Can you think of an example of something you're grateful for even on a hard day?
- ♥ Are there any toys or books you're grateful for?
- ♥ What are some parts of nature you're grateful for?

Activity



We're going to create a Gratitude Quilt as a class. Let's each draw something we are grateful for on our square and then we'll “sew” our quilt together (or unite the squares on the bulletin board) to look at all the many things that we — as a class — are grateful for. Let's talk about our gratitude quilt as a class. What did you learn when looking at your classmates squares? Are there other squares we want to add to the quilt?

Design Your Gratitude Quilt Square

