



MindUP Booster Lesson

Lesson C: Expressing Gratitude
Grades TK – 1

It's important to take care of your body now more than ever. This goes for children, teens and adults. In addition to eating healthy, exercising and getting enough sleep, mindfulness is a useful and enjoyable way to relax your body during this chaotic time. We hope your family enjoys this next MindUP lesson.

Length of Lesson: 20 – 30 minutes

Objective of Lesson C: Students gain an appreciation for special things in their lives that cultivate the social, emotional and cognitive benefits of showing gratitude.

Lesson Overview

1. Defining Mindfulness & Gratitude (5-7 minutes)
2. Grateful Drawing (15 minutes)
3. Wrap Up (2 minutes)

Lesson Materials:

- Handout
- Writing Utensil – option to use any crayons or markers students have at their desks

Preparation: Have child seated at a desk or table for the lesson.

For Parent Review:

Gratitude

- **Defining Gratitude:** Gratitude is a feeling of thankfulness and joy we feel in response to something we've received, whether the gift is tangible (concrete/physical) or intangible (not something you can touch), such as a smile of encouragement from a loved one or a beautiful view of the beach.



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- **Physiological effects of gratitude on the brain and body:** research has shown when we think about something or someone we truly appreciate **our bodies calm themselves**, because the feelings associated with gratitude trigger the calming branch (parasympathetic system) of the autonomic nervous which tells the body to “rest and digest” and counteracts the “fight, flight, or freeze” response in the sympathetic system.

REFERENCES

- Renegades, L. Little Renegades. Mindfulness for Kids. Retrieved from <https://littlerenegades.com/>
- The Hawn Foundation. (2011). *In The MindUP Curriculum: Brain-Focused Strategies for Learning and Living* (pp. 103–151). New York, NY: Scholastic.