

GROWING GRATITUDE

הכרת הטוב - HAKARAT HATOV

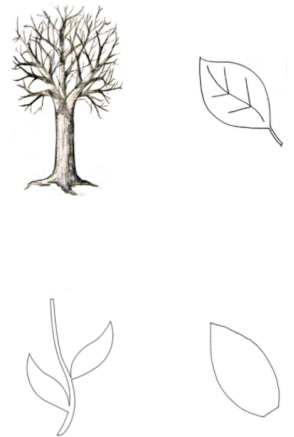
Goals:

HAKARAT HATOV in Hebrew means gratitude and is a very important Jewish value. It's easy to forget all the wonderful things we have and the wonderful people in our lives, especially when we get used to seeing them every day. A Jewish proverb, Pirkei Avot (4:1), asks the question, "Who is rich?" and then answers, itself saying, "Those who rejoice in their own lot." So what do we each have that's worth being excited about?

Materials:

Put together ahead of time for each participant.

- Access to a computer or mobile device for the entire program
- A clear space for the kids to jump up and down
- Gratitude gardening activity
 - Clear table or floor space
 - Markers, colored pencils or crayons
 - Scissors
 - Tape or glue
 - Printouts for the gardening gratitude activity from <http://thebluedovefoundation.org/gratitudegardening> or paper if you want to make your own



Getting to Know You Introduction (5 mins):

Start by going around and getting to know each other. Ask participants to share their names, their ages, and their favorite thing to eat on a special occasion.

On a webinar, instead of going in a circle, have each child raise their hand and call on them or have children share their answers using the chat if there are a large number of children.

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Popcorn (10 mins):

Ask children (and their parents!) to sit down in a comfy position. Let them know they are going to play a game - they will be asked to jump as high as they can if their answer is “yes” to a statement that is shared. The facilitator should choose 1-2 children to share after each statement. If there is time at the end, ask the children if they have any questions they'd like to ask the group.

Questions for popcorn game:

- Jump up if: you took a walk or went outside this week
- Jump up if: you ate something yummy this week
- Jump up if: you did something to help your family this week
- Jump up if: you have a pet or toy at home that makes you happy
- Jump up if: you learned something new this week
- Jump up if: you talked to someone you like on the phone or computer
- Jump up if: you did something fun with a member of your family this week
- Jump up if: you played a fun game this week
- Jump up if: your parents are letting you go to bed later or sleep in
- Jump up if: you smiled today!

Gratitude Gardening (10 mins):

Explain that there are so many wonderful things that make us smile, we just jumped for a lot of them! These things help us feel grateful. Now all together we are going to make a garden, each of us by making a tree or flower full of leaves or petals representing items that help us feel grateful. Here's how!

Directions for Gratitude Gardening

- Take the printouts of the tree and leaves, or flower and petals, you've prepared and cut them out. If you like to draw, you can also use paper to make your own. Now decorate the tree trunk or flower stem in your favorite colors.
- Take the leaves or petals, and on each one write down one thing that you jumped up for, or one thing that made you smile. If you can, you can make this flower for someone by filling it with things about them that make you smile.
- Then tape the leaves or petals on to the tree trunk or flower stem.

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Gratitude Cards (5 mins):

Ask the kids to think about how they feel at this moment. Have they thought about something that made them smile? If so, would they like to share that smile with someone else (they can share a story with you in the chat)?

Have the children think about a person who has done something to help them or brighten their day and either make a thank you card to put in the mail or with their parents' help they can send that person a virtual card through the Blue Dove Foundation at

www.thebluedovefoundation.org/gratitudecard.

