

# HomeTalk

thoughtful conversations for families and schools

## Issue 34 – Gratitude

compiled by Ellie Crisp [www.dialogueworks.co.uk](http://www.dialogueworks.co.uk)



Photo by [Annette Meyer](#) from [Pixabay](#)

**Note to parents/carers and teachers**

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week  
message [bobhouse@dialogueworks.co.uk](mailto:bobhouse@dialogueworks.co.uk)

# This week's focus is gratitude



But remember, boy,  
that a kind act can  
sometimes be as  
powerful as a sword.

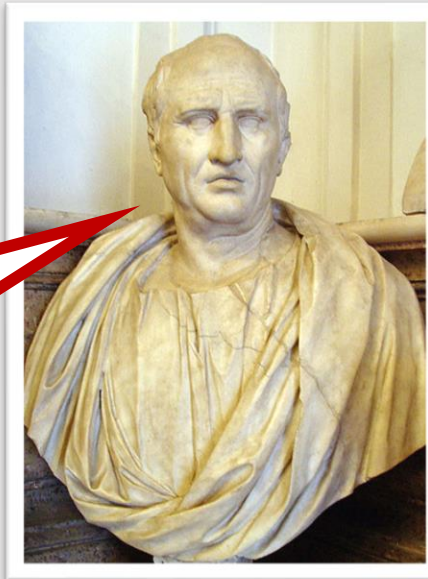
**Rick Riordan**  
author

Stormy or sunny days,  
glorious or lonely  
nights, I maintain an  
attitude of gratitude.

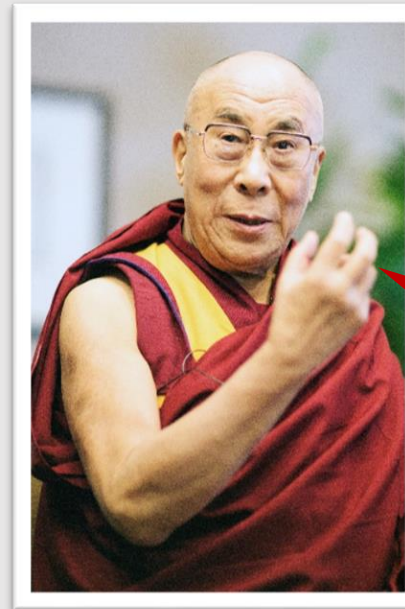


**Maya Angelou**  
writer & activist

Gratitude is not only  
the greatest of  
virtues, but the parent  
of all the others.



**Marcus Tullius Cicero**  
Roman scholar



**Tenzin Gyatso**  
14th Dalai Lama

The roots of all  
goodness lie in the  
soil of appreciation  
for goodness.

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Quotes from <https://www.goalcast.com/>, <https://www.brainyquote.com/>, <https://www.azquotes.com/>

# Thinking about conflict

## Caring thinking

Does being grateful for the things people help us with, make them feel good?

## Collaborative thinking

Can you think of any organisations that help us to look after things we are grateful for?



## Creative thinking

How many different ways can you think of to say thank you or show you are grateful?

## Critical thinking

What kind of things can showing gratitude lead to?

When was the last time you offered to help someone?

What can you do to show your gratitude to others?

How do you feel when someone says thank you?

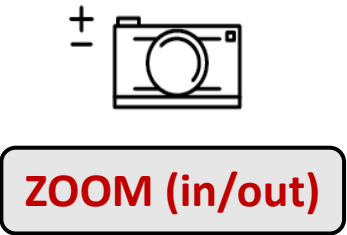
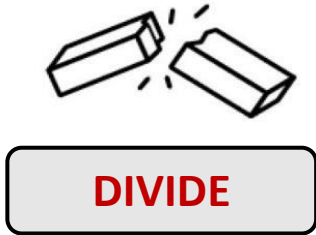


Think **AHEAD**

Think **BACK**

**CONNECT**

What is the opposite of gratitude?



**DIVIDE**

**LISTEN/LOOK**

**ZOOM (in/out)**

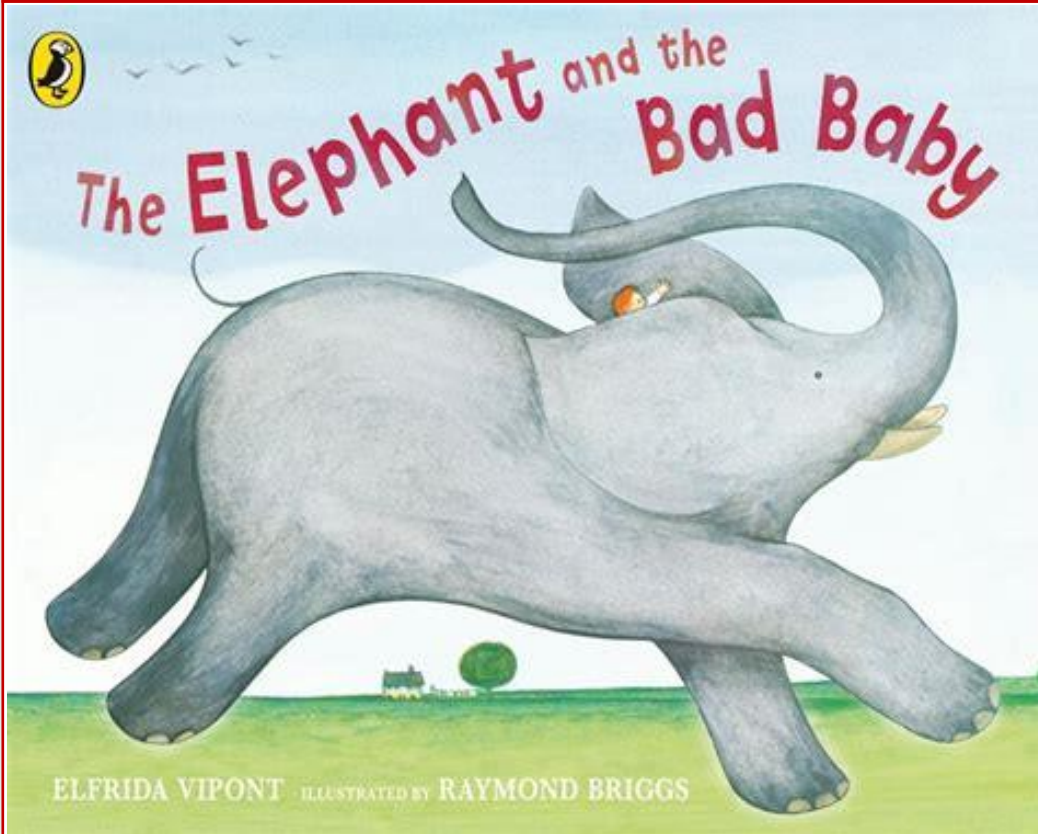
Do you sometimes go so fast to hear or see things that you may miss them?

What will you be grateful for next week / next month / next year?

What are you grateful for today?

# Discussion suggestions (age 3 - 5)

## Stimulus



### Story time!

<https://youtu.be/qkaJqJQdZv0>

## Talking Points

Did the baby say *thank you*?

Can you think of any ways the baby could show that it was happy about all the treats?

## Activity

**Gratitude Jar:** <https://youtu.be/OmWmzpjZCn0>  
(10 second clip)

**Make your own gratitude jar. Re-use a container and write or draw things you are grateful for in your life.**

# Discussion suggestions (age 6 - 9)

## Stimulus



<https://vimeo.com/135308696>

**Gratitude Revealed**

*from MOVING ART by Louie Schwartzberg*

## Talking Points

Think together with family or friends and compare your responses:

- Today I am thankful for ..... (person)
- Today I am thankful for my ..... (thing)
- Today I am thankful for the ..... (place)
- Today I am thankful for ..... (feeling)

## Activities

**Make a gratitude tree**

<https://www.firefliesandmudpies.com/gratitude-tree/>

**Make a gratitude dice**

<https://familyadventures.com/wp-content/uploads/2019/11/gratitude-dice-1.pdf>

**Try a short guided meditation**

<https://youtu.be/64QzBuhsyuk>

# Discussion suggestions (age 10+)

## Stimulus



<https://youtu.be/sokh9e2WGc>

## The Amazing Effects of Gratitude

## Talking Points

- What does science tell us about gratitude?
- Can gratitude affect our health and wellbeing?
- What might happen if everyone practised gratitude more often? What things might change in the world?

## Activity

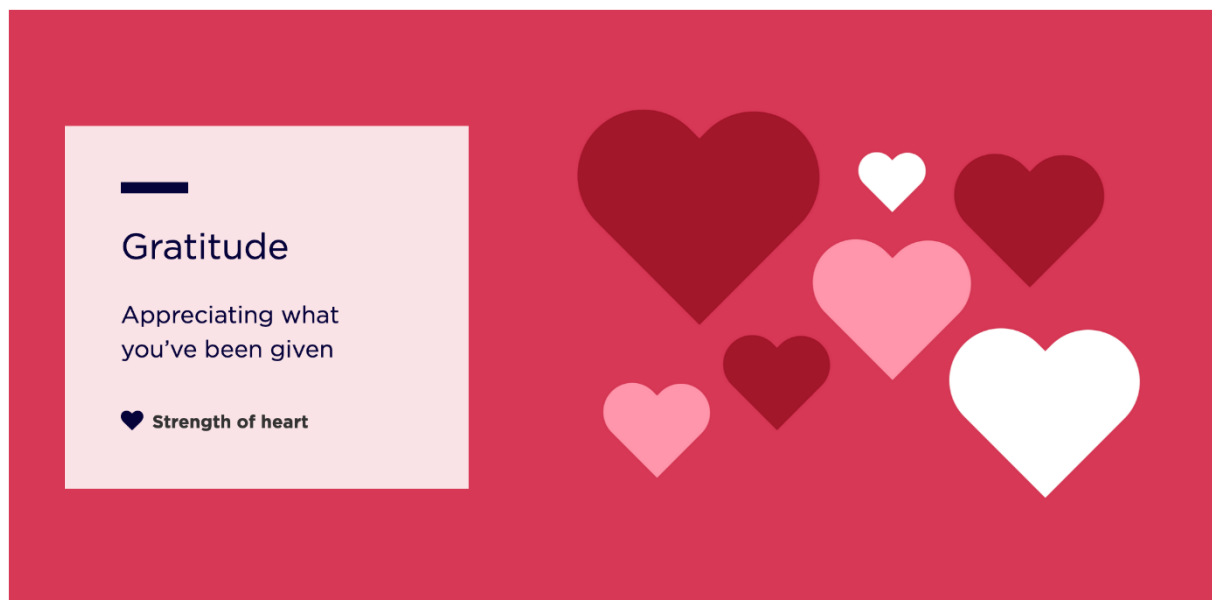
### Try some mindful breathing

- Sit comfortably and as you are breathing, think about the breath going into your lungs and then think about the breath leaving your body.
- Concentrate where you feel your breath in your body and place your hand there.
- Try to count ten breaths in and ten breaths out. Notice how you feel afterwards.

# Further activities and reading

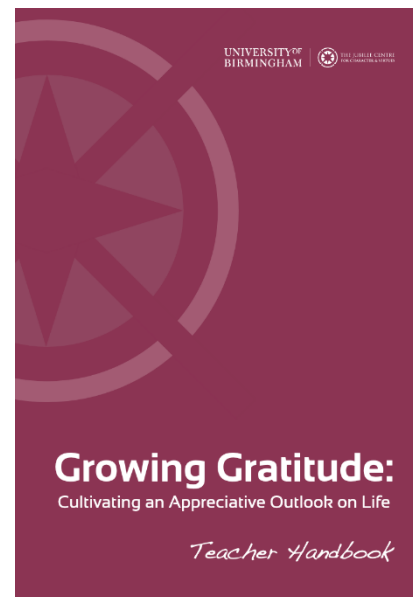
Find out more about Gratitude with Character Labs

<https://characterlab.org/playbooks/gratitude/>



Gratitude and Compassion in the Classroom  
teacher handbooks

<https://www.jubileecentre.ac.uk/1741/character-education/teacher-resources/gratitude-and-compassion>





[➤ More about HomeTalk, including previous editions](#)

[➤ Parent Talk Moves – tips for great conversations with your children](#)

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# Training opportunities for teachers, support staff and parents

## Our next P4C Plus course

### P4C Plus Foundation online training

- Seven 90-minute sessions, 15:30 – 17:00
- Thursdays February 18th, 25th, March 4th, 11th and 18th, April 22nd and 29th
- £175 per person, or £250 for two people

[Course brochure](#)

Bookings: [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk)

## Our next Thinking Moves course

### Thinking Moves A – Z Foundation online training

- Three 2-hour sessions, 15:30 – 17:30
- Tuesdays March 9th, 16th and 23<sup>rd</sup>
- £125 per person, or £200 for two people

[Course brochure](#)

Bookings: [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk)