Classroom Activity: Circle of Thanks

Discussion Prompt: What does gratitude mean to you? Can you think of people or groups who have helped you get where you are today?

- Have students create 5 concentric circles.
- Each Circle should be labeled Self, Family, Friends, Community, Country.
- Students are instructed to fill in each circle. For instance, for the Self Circle they write what achievements or personal growth aspects they are grateful for. For "Country," they can write what they are thankful for as a nation, society or culture.
- **Historical Moment:** Students can reflect on a moment in history for which they are grateful.
- In pairs or in groups, students can share why they chose to write about specific items and share more about their meaning.
- **Reflection:** How does expressing gratitude in these domains help connect one more to others?
- **Action Item:** What is one thing students can do to express gratitude to someone in one of your circles?