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ACTIVITY 3.2
Gratitude Letters and Visits

Concept

Students will learn about the benefits of practicing gratitude.

Units it could embed into

Stress and Health, or this could be a stand-alone assignment

Learning Targets

1. Students will participate in an evidence-based intervention designed to improve gratitude.
2. Students will understand gratitude as an intentional act.
3. Students will understand the importance of being specific when grateful.

Materials

- Handout 3.2: Gratitude Letter
- Video: "The Science of Gratitude" youtu.be/JMd1CcGZYwU (Tremendousness, 2016)

Time

45-60 Minutes

Instructions

1. We will be exploring the benefits of practicing gratitude and different research-based gratitude interventions shown to improve well-being.
2. Watch the video "The Science of Gratitude" video at youtu.be/JMd1CcGZYwU and ask the students to list the benefits of practicing gratitude on a separate piece of paper. If you prefer, you can skip the video and provide the students with the benefits of gratitude from the content outline:
    - » Increase your happiness at home and work.
    - » Improve your relationships.
    - » Discover balance with your health.
    - » Increase your performance at work and school.
    - » Achieve your life goals.
3. Provide the students with Handout 3.2: Gratitude Letter and read the directions together.
4. Extension: Encourage your students to read their letters aloud to the person they wrote about. This has been proven to increase your happiness for a full month!

Reference

Tremendousness. (2016, October 6). *The Science of Gratitude*. YouTube. https://youtu.be/JMd1CcGZYwU

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HANDOUT 3.2
Gratitude Letter

Learning Target

1. Participate in the "Gratitude Letter," an evidence-based intervention designed to improve gratitude.

Directions

Write a letter of gratitude to a person who has made a positive difference in your life. In your letter, share the impact that he or she has had on your life. Some questions to consider while writing your letter:

- How did their actions or behaviors help you?
- What was the cost of those actions to the person who helped you?
- Why do you believe the person helped you?
- What might have happened if the person hadn't offered to help?

After you write your letter, consider reading it aloud to the individual that you wrote about. This will not only likely increase their happiness, but yours too!

Reference

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*(5), 410-421. https://doi.org/10.1037/0003-066X.60.5.410