

Outdoor & Woodland Learning Activity Sheet

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|------------------|---|--|--|----------------|---|---|---|---|---|---|---|---|
| Activity: | Gratitude Reflection Words and Phrases | | | | | | | | | | | |
| Habitat: | Any | | | Season: | S | ✓ | S | ✓ | A | ✓ | W | ✓ |

| Level | |
|------------------|---|
| Early | |
| First | ✓ |
| Second | ✓ |
| Third and Fourth | |
| Senior Phase | |

| Curriculum topics | | | |
|----------------------|---|----------------------|---|
| Expressive Arts | | Health and Wellbeing | ✓ |
| Languages | ✓ | Mathematics | |
| Religious & Moral Ed | | Sciences | |
| Social Studies | | Technology | |

| Equipment* |
|--|
| Print out of gratitude words and phrases for referring to Pens/paper for writing down (or sticks to write in ground) |

| Time |
|---------------|
| 10-20 minutes |

| Key outcomes |
|--|
| Embed and reinforce gratitude and related words. Reflect on session |

*Items depicted in bold are available from CALLP

| Activity description |
|---|
| Reflective activity focusing on gratitude and feelings. Can be framed in a way to suit reflection of an outdoor activity. |

| Notes |
|-------|
| |

Gratitude Words

| | | | |
|------------|--------------|----------|------------|
| Grateful | Gratitude | Thanks | Thank you |
| Appreciate | Appreciation | Thankful | Glad |
| Kind | Kindness | Happy | Happiness |
| Love | Loved | Loving | Special |
| Cared | Caring | Friend | Friendship |
| Laugh | Laughter | Laughing | Joy |
| Play | Played | Playing | Joyful |
| Share | Shared | Sharing | Fun |
| Together | Feel | Feeling | Felt |
| Connection | Connected | Accepted | Understood |
| Safe | Safety | Support | Supported |
| Help | Helpful | Helping | Helped |

Sentences

I am grateful for... because...

Thank you for... because...

You are special to me because...

I think you are very... because...

I love that you...

I really appreciate that you...

It helps me to feel...

When you... I feel...

I feel... because...

| | | | |
|--------------|--------------|------------|---------------|
| Kind | Generous | Loving | Caring |
| Friendly | Smiley | Funny | Cheeky |
| Playful | Joyful | Fun | Happy |
| Thoughtful | Considerate | Helpful | Good listener |
| Courageous | Strong | Determined | Dedicated |
| Passionate | Enthusiastic | Talented | Skilled |
| Hard-working | Honest | Loyal | Brave |

| | | | |
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