



# PSHE and Citizenship

Health and Wellbeing | Think Positive

# Be Thankful



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# Aim

- I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.

# Success Criteria

- I can name things for which I am thankful.
- I can show my gratitude to others in different ways.
- I understand that being thankful is a type of positive thinking, which can help to make us happy.

# The Big Questions

A cartoon illustration of a young boy with curly brown hair, wearing a purple long-sleeved shirt, a green vest, and blue trousers. He is pointing his right index finger towards the speech bubble.

How can we be thankful for the things that we have?

A cartoon illustration of a young girl with blonde hair, wearing a purple long-sleeved shirt, a brown vest with a white fur collar, a blue skirt with yellow flowers, and purple tights. She is pointing her right index finger towards the speech bubble.

How can being thankful help to make us happy?

# Reconnecting

# Saying Thank You



Saying thank you is a really important thing to do.

When was the last time you said thank you?

Why do we say thank you?

Tell your partner some things that you thank others for.

If you feel happy to, share your ideas with the class.



Saying thank you makes us and the other person feel good!

# Exploring

# Being Grateful



What does being grateful mean?

Being grateful means that you appreciate things you have in your life, including the people you have around you.

If you appreciate things, it means you are pleased when you think of all the things you have and you realise how lucky you are.

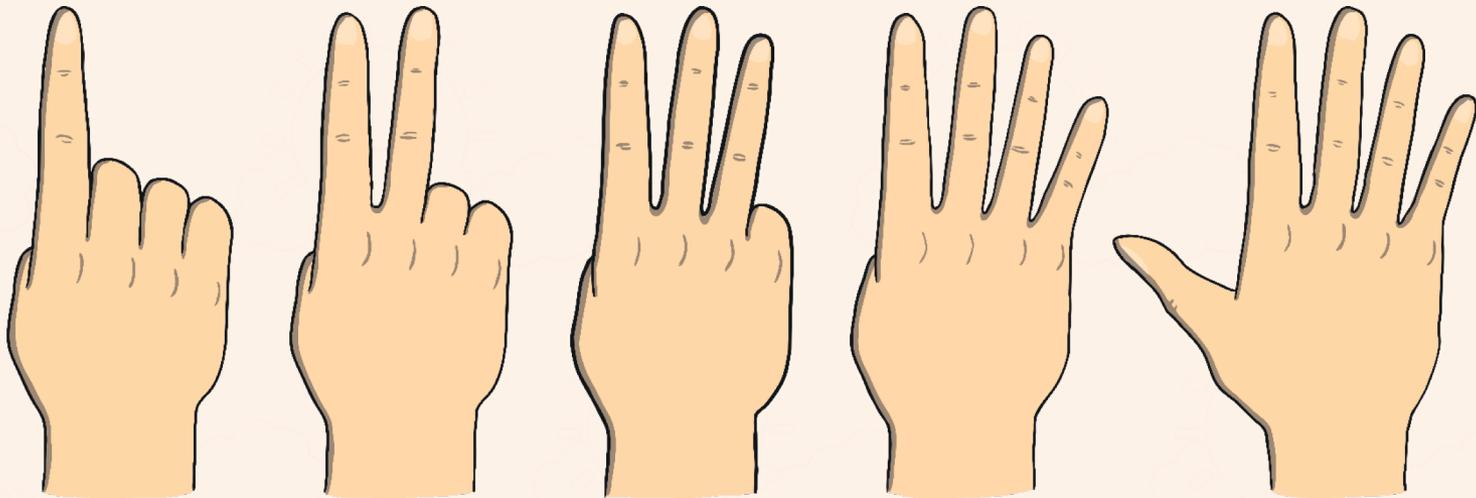


# Being Grateful



Can you think of five things you are grateful for?

List them while counting on your fingers.

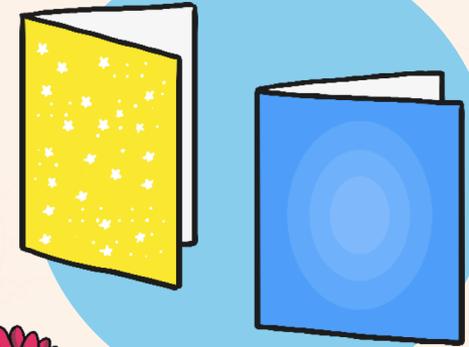


Was it easy to think of five things you are grateful for, or was it difficult?

# Being Grateful



How can we be grateful, or thankful, towards others?



# Being Grateful



How can we be grateful, or thankful, for what we have?

We can enjoy what we have.



We can think about those who are not as lucky as we are.



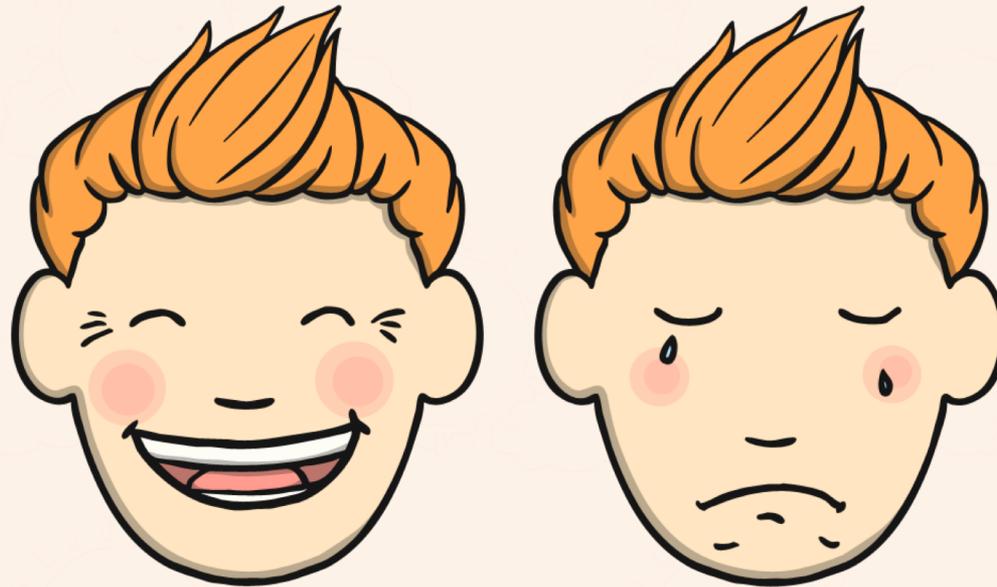
We can look after what we have.



# Thankful People Are Happy People



How can being thankful  
make you happy?



# Thankful People Are Happy People



If we think positive thoughts, we feel happier.

If we think negative thoughts, we don't feel so good.



If we focus on the things we have and think how lucky we are, we will feel good, because this is a positive thought.



If we think about all the things we don't have, we will feel miserable all the time, as this is a negative thought.

# Thankful People Are Happy People



Consolidating

Reflecting



# Consolidating

# I Am Thankful for...



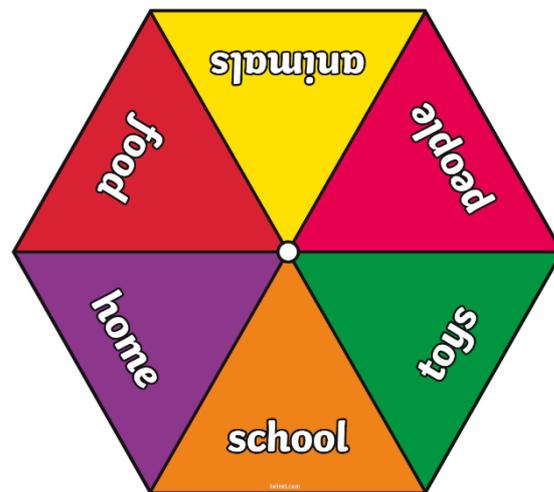
It's time to play a game, which you can play in pairs.

You are each going to make a spinner using a pencil and a cut out hexagon shape.

You take turns to spin your spinner and see what it lands on. Then think of something you are thankful for in whichever category it lands on.

## Be Thankful

Carefully cut out the spinner on this sheet. Place the paper clip at the centre of the spinner and place the pencil through the paper clip on the middle of the spinner. Holding the pencil steady, flick the paper clip. If the paper clip stops on home, tell your partner something that you are thankful for at home, or if you land on people, tell your partner a person you are thankful to have in your life. Take turns with your partner and have as many goes as you have time for.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study



PSHE & Citizenship | Year 2 | Health and Wellbeing | Think Positive | Be Thankful Spinner | Lesson 5

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# Reflecting

# Thank You for the Memories



Even when a time we have enjoyed has ended, or a guest has had to leave, if we have lost a toy we used to love, or a family pet has sadly died, we can still be thankful for the memories we have.



Close your eyes and think carefully about a lovely memory you have about a special time, a special place, or a special person. Choose a happy memory and think how lucky you are to still have that memory. Be thankful for that special person, place, or time.

How do you feel? Share your thoughts if you would like to.

Every day, take some time to think of things you are grateful for.

# **The Big Questions**



How can we be thankful for the things that we have?

How can being thankful help to make us happy?



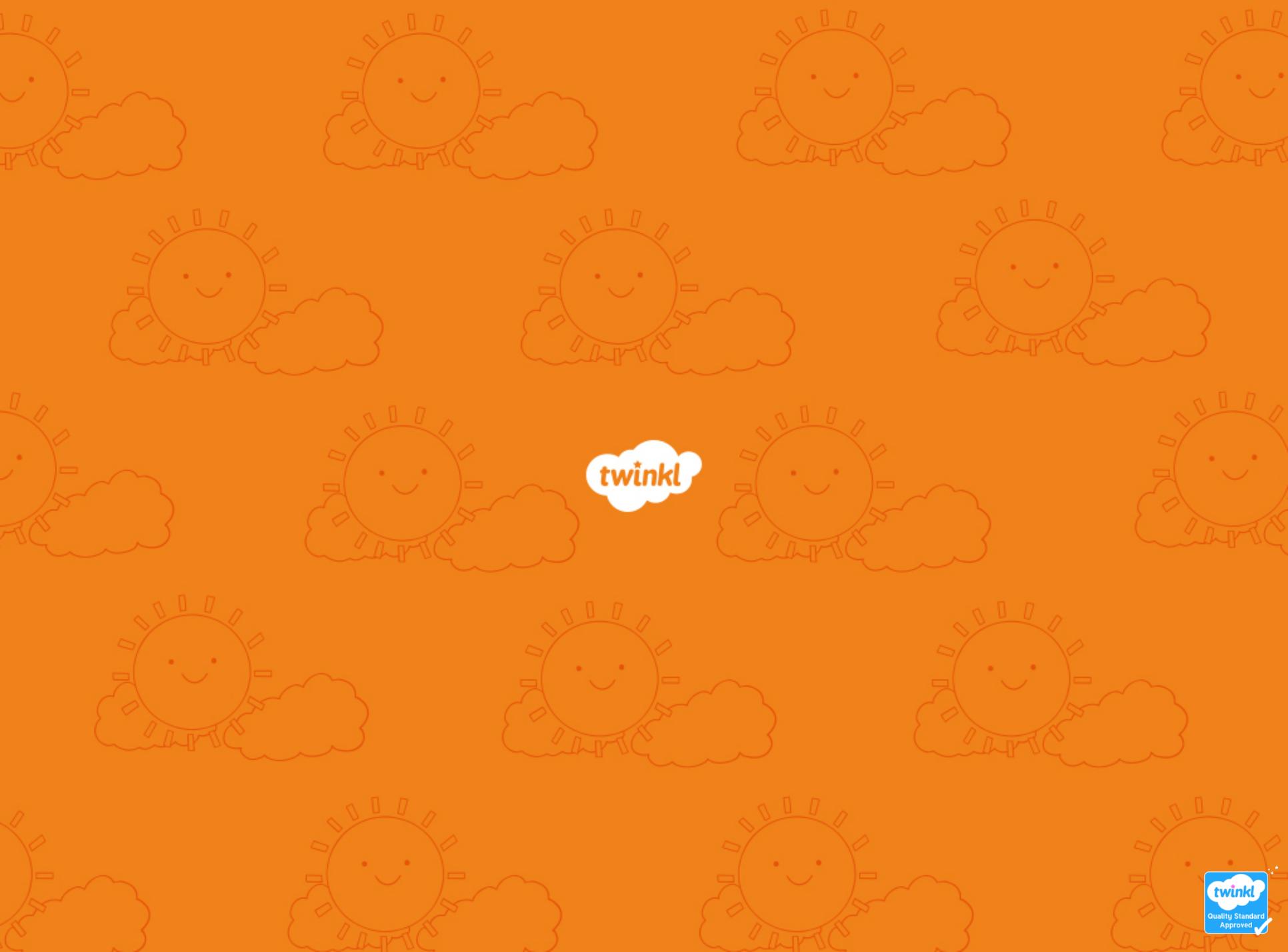
**What have you learnt today that you can take away with you?**

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