

Lesson 4 Gratitude Year 5 | Activity

Name



How can you use gratitude to change your viewpoint on events in your life?

Context	Initial thought/feeling	Changed viewpoint
1. You love sport and were the star player in the last tournament that your school team won. Your teacher hasn't picked you for the next tournament.	"I can't believe that she hasn't picked me. She has picked some awful players instead. It is so unfair! I am never playing for the school again!"	_____
2. You are tired and don't like writing. Your teacher is saying that you have to write two pages about zoos.	"I really can't be bothered to do this. Perhaps my teacher won't notice if I don't write much. I'm so tired."	_____
3. You walk into class on a Monday morning and say hello to one of your friends. They completely ignore you.	"Why has she ignored me? What have I done? Nobody should treat me like that."	_____
4. You can't go to football practice because you have an appointment to see the dentist.	_____	_____