



Reading Resource Library Guide: Gratitude

The following high interest books were selected to support an exploration of the topic of Gratitude. Each book has a summary and additional information, such as book trailers and links to reviews, in a separate slide deck. Visit [this link](#) to access the books.

Suggestions for using the text sets and slide deck:

- ▶ Choose one of the following four topics from the quarter two slide deck to explore with your class: Gratitude, Mystery, Sports, and Physical Health.
- ▶ Books in the collection span different reading levels. Also included is a separate collection, “Engaging Books for Children and Families,” which offers a selection of books that can be used with children, families, and adults.
- ▶ Explore the slides for your topic in the provided link. Each book listed in the table below has a summary and additional information with links to websites that offer supplemental material. Consider selecting one book to read aloud to learners while they read their own text.
- ▶ Share the slide deck with learners and explore the books and websites. Allow learners individual time to explore the slide deck and choose a book or excerpts from several books to read.
- ▶ Decide how you will interact with these topics and texts. This information guide has suggestions for activities for the classroom, tools for teachers, and activities for families, which are starting points for larger units or creative activities to engage with topics and texts.
- ▶ The “Activities for Families” section may be copied into another document and sent home with families for engagement suggestions while reading the books.
- ▶ Use this tool to help develop and foster a reading life for your learners!

Book Title	Author	Lexile Reading Level
<i>Blue Skies</i>	Anne Bustard	630
<i>A Wrinkle in Time</i>	Madeleine L'Engle	740

<i>Holding Up the Universe</i>	Jennifer Niven	770
<i>Tuesdays With Morrie</i>	Mitch Albom	830
<i>29 Gifts: How a Month of Giving Can Change your Life</i>	Cami Walker	970
<i>A Long Way Home</i>	Saroo Brierley	1090
<i>Catalog of Unabashed Gratitude</i>	Ross Gay	N/A
Engaging books for adults and children		
<i>Look and Be Grateful</i>	Tomie dePaola	130
<i>Thankful</i>	Eileen Spinelli	AD 370
<i>This House, Once</i>	Deborah Freedman	400
<i>Thanks From the Very Hungry Caterpillar</i>	Eric Carle	430
<i>Bear Says Thanks</i>	Karma Wilson and Jane Chapman	540
<i>Last Stop on Market Street</i>	Matt de la Pena and Christian Robinson	AD 610
<i>The Tree of Hope</i>	Kehkashan Basu	N/A

Activities for the Classroom

- ▶ Consider the KWL approach to support a discussion on the topic of Gratitude. Here is a [link](#) to a simple KWL chart provided by Facing History and Ourselves.
- ▶ After the KWL activity, encourage your learners to immerse themselves in the context of gratitude throughout the unit and your learning together. One suggestion is to have them keep a gratitude journal of what, and who, they are thankful for. This could be a daily writing assignment. Encourage them to be specific in their journal entries. To add an artistic element, encourage learners to create a collage, or add pictures to their journal entries of people, places, and things they are thankful for.
- ▶ Ask learners to reflect on their learning and understanding of gratitude. Has the unit changed them? Do they think about others and the world around them differently now that they have participated in a number of different activities and discussions around the concept of gratitude? Have them reflect on their learning, and themselves, through a variety of modalities such as podcasts, videos, roundtable discussions, or writing.

- ▶ As a bonus, you could encourage learners to spend a week participating in a week or more of random acts of kindness throughout their community.

Helpful Links for Teachers

TED Talks:

TED Talks' mission is "spreading ideas, usually in the form of short, powerful talks...{to} share in communities around the world." Their website has 3600+ talks on a number of different topics. Simply search "gratitude" from their [main page](#) to choose from a plethora of options. Here is an example of one of the many talk choices: [How Thanking Awakens Our Thinking](#).

Gratitude in Education: Greater Good Science Center:

"Over the past 15 years, hundreds of studies have linked gratitude to increased happiness, stronger relationships, and improved physical health; in recent years, studies on gratitude among youth suggest that it fosters more positive emotions and better attitudes toward school. In fact, the science of gratitude is now reaching a point where researchers are no longer just defining gratitude and identifying its benefits but determining the most effective ways to cultivate it." [This website](#) will help educators explore what they can do to cultivate a community of gratitude within their schools.

Common Sense Education:

This website is designed for educators to embed the concepts of Gratitude and thankfulness into their Social and Emotional Learning (SEL) curriculum. It also provides educators tips and "actionable ideas for seamlessly integrating gratitude and life skills-building into your content classroom." It offers ideas for general implementation or specific content areas, all with the goal in mind of getting your learners to focus on gratitude. Check out the website [here](#).

Edutopia:

This website "is dedicated to transforming K-12 education so that all students can acquire and effectively apply their knowledge, attitudes, and skills necessary to thrive in their studies, careers, and adult lives." There are numerous topics for which Edutopia can help teachers gain lesson ideas, professional development, and videos, including the topic of gratitude. Simply go to the [search bar on their website](#) and type the word "gratitude" to view numerous links to help you embed a culture of gratitude within your classroom.

Activities for Families

- ▶ Choose a book to explore from the "Engaging Books for Adults and Children" section in the table above.
- ▶ Look at the front cover with your child. Ask your child what they noticed. Explore the pictures and text. Have your child guess at what the story may be about using the picture on the front cover. This is called "making a prediction."

- ▶ Read and discuss the book. Make connections to what you've learned in your own readings. Talk about the idea of giving thanks. Explore words that your child does not understand.
- ▶ Explain that Gratitude is “the quality of being thankful” or a “readiness to show appreciation for and to return kindness.” With that in mind, explore these questions with your child:
 - What did we learn today about the meaning of gratitude and about being thankful?
 - What can we do to show gratitude and thanks to others?
 - Can you think of a time when you said thank you to someone? Why did you feel gratitude and thanks in that moment?
 - How can being thankful help us in our lives?
 - Discuss part of the book and make connections to your daily life!

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