

Scene It!

Here are some situations where it can be hard to be positive.
Use them to practise feeling GRATITUDE.

Your parents have said you can't go to a friend's house because you have jobs/chores to do.

Your pet has pooped on your only clean uniform.

The fire alarm goes off at school and you have to evacuate while it is raining heavily outside.

You are tucked up in bed on your third day home from school with the flu.

You arrived to play a game but the teams have already been selected.

You're one mark off from 100% in a test which you studied very hard for.

Your group project got marked down because not everyone did their bit.

Your game has glitched and lost all of your achievements from the past week.

GRATITUDE - HOW TO BE GRATEFUL

VALUE TOPIC: Gratitude - The feeling or quality of showing appreciation for what you have

CATCH PHRASE: Reflect and smile -
Hurihia tōu aroaro ki te rā (Turn your face towards the sun)

TOPIC SUMMARY Have you ever been in a situation where you have found it hard to be positive? When we find that we're focussing on the negative, it can be really helpful to be grateful by reflecting upon a time that makes us smile.

Scene It! - Gratitude

Thinking of examples and scenarios on the spot can be tricky, so here are a few to get the thinking started. Some of the scenarios may have already been seen in other parts of this Value Topic, however there is no harm in using them again. As suggested in the Value Topic Plan, you can present these scenarios in a variety of ways: **act** the scenario out; **write** about the given scenario; **draw** a comic strip; or have **discussion** in groups. Whichever medium is chosen students will need to come up with a solution **modelling** the specific value topic - Gratitude.

In addition:

- Allow students to also demonstrate how the scenario would pan out if the value topic wasn't utilised in each scenario.
- Give students opportunity to 'debrief' and give feedback on each other's presentations.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
7. We are practicing to be grateful and positive in times of struggle.	- 'Scene It!' A list of possible scenarios where the value could be practised	It will help if you have watched the 'Catch Phrase' POP and worked on the 'Something I'm grateful for...' worksheet. The scenarios can be used in a variety of ways, including; writing, role play, comic/illustration, and/or discussion. Whichever medium you choose, remind students to use the three steps, and to be appropriate and respectful of others. Allow time for sharing and a debrief with the class as a whole. Ask questions like: Did you see a shift from negative to positive and was it realistic to the scenario? Did they use a memory, a fact, or a hope to help them find gratitude?