**Sample Grades K – 1 Teacher Prompts**

**Day 1**

**Focus: Grateful for the things that make me feel comfortable.**

*“Good morning! It is the first day of the Gratitude Campaign!*

*The Gratitude Campaign is a 10 day program that will help us make sure all of our needs are being met and learn ways to show our appreciation to the people around us.”*

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| Page 12 | **Direct students to the bottom of the page for the Daily “How are you feeling?” Check-In**: *“Let’s take a minute to think about how we are feeling today. Check the emoji that is the closest to how you are feeling today.”*Some students will be ready to learn, but others might need to check the Charging Station Toolbox in the back of the book. *“We are going to be learning about how we meet our needs so we feel comfortable.* *Circle the pictures of the things that make you feel comfortable.**Write or draw a picture why you are grateful for them on the next page.”** Discuss what students consider wants/needs.
* Who helps us to meet these needs?
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| Page 13 | **(Virtual) Gratitude Wall Introduction***“Today, on our Gratitude Wall, you can be grateful for something that brings you comfort. Things like, healthy food, clothes, water, exercise, a good night sleep, the air we breathe, sunshine, and hugs are all things that we can be grateful for. There are people in our lives who make sure we have these things we need. People who help us get what we need, bring us a feeling of peacefulness and we can be grateful for them.”*Students can use one of the ideas they wrote on page 20 for the (Virtual) Gratitude Wall or think of a different one.  |
| Page 14 | **Here are some ideas***“You can use these pictures for your gratitude notes, or maybe they will give you other ideas for things that make your feel comfortable. Point to the pictures here that make your body feel calm. We are meeting our needs when we make sure we are comfortable and making healthy choices.”* |

**Day 2**

**Focus: Grateful for the things that keep me safe.**

“*Good morning! Today is the second day of the Gratitude Campaign!*”

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| Page 15 | **Direct students to the bottom of the page for the Daily “How are you feeling?” Check-In**: *“Let’s take a minute to think about how we are feeling today. Check the emoji that is the closest to how you are feeling today.”*Some students will be ready to learn, but others might need to check the Charging Station Toolbox in the back of the book. *“Today, we are going to take some time to think about the things that help us feel safe. When we feel safe and protected, we feel calm inside. There are people in our lives who make us feel safe and help us get the things we need. People who keep you safe and provide for you are like sunshine in your life.* *Safety includes having a home, money, medical support, car, loving guidance to keep them safe, ability to say no and protect yourself from unsafe people.**Circle the things on this page that make you feel safe.”* Have a conversation with the class about what makes them feel safe. |
| Pages 16-17 | **(Virtual) Gratitude Wall***“Look at the four boxes on this page. Let’s take some time right now to draw or write about things that make us feel safe. You can use the ideas on the next page if you need more ideas.* *Right now, let’s take a few minutes to think about your gratitude and add it to the Gratitude Wall.”*Students can use one of the ideas they wrote on page 16 for the (Virtual) Gratitude Wall or think of a different one.  |
| Page 18 | **Saying No***‘If you decide that an activity is dangerous and would lead you to feel unsafe, you might need to tell a friend, “no.” It might be difficult to tell a friend no because you don’t want to hurt their feelings. If there is something that makes you feel uncomfortable or unsafe, stand up for yourself and say “no.” Here are some ways you can tell a person, “no.”’* |
| Page 19 | *“If you are not feeling safe, sometimes it helps to have a plan. If you are not feeling safe in the car, what are things you can do to feel secure. Wear your seatbelt, stay in your seat and don’t distract the driver. If you start to feel worried in the car, you can remind yourself you are following the safety plan. Doing these things will keep you safe, and this will help you feel calm.”**Think of a way you might not feel safe at home, how can you solve that problem. Let’s make a plan right now.”* (examples could include: locking the door to your house, making sure you have a working smoke detector)*“In school, think of a way you might not feel safe. What is the plan for feeling safe at school.”* (examples: fire drills, lockdown drills)*“Remember, it doesn’t matter what others are thinking, as long as you plan makes you feel and keeps you safe.”*  |