

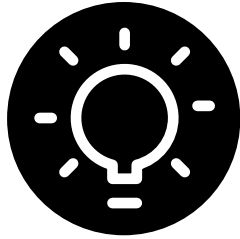


SAVVAS

World Languages Gratitude Journal

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” -Melody Beattie

Name _____



Quotes to Start Your Journey

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” -Voltaire

“When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.” -Tecumseh

“When eating fruit, remember the one who planted the tree.” -Vietnamese Proverb

“No duty is more urgent than giving thanks.” -James Allen

“I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.” -G.K. Chesterton

“Enjoy the little things, for one day you may look back and realize they were the big things.” -Robert Brault

“Enough' is a feast.” -Buddhist Proverb

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.” -Epictetus

“It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.” -Germany Kent

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.” -A.A. Milne

“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.” -Dietrich Bonhoeffer

“Wear gratitude like a cloak, and it will feed every corner of your life.” -Rumi

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” -Marcel Proust

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.” -Epicurus

What is gratitude?

Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness.

What does being grateful mean to you?

Create a drawing of your thoughts about gratitude.

Thirty Days of Gratitude

Your teacher will find a special gratitude quote and share with your class. You will each need to each find a quote. One or more quotes will be shared each day. You will need to explain why you chose that quote and what it means to you. Other students will be asked about their thoughts about what the quote means to them. Write down other quotes that really meant a lot to you.

Your quote

Other quote

Other quote

Other quote

Other quote

My Thirty Days of Gratitude

Each day write in three things you are grateful for. Try and find different things each day to be grateful for, no matter how small.

Day	I am grateful for	I am grateful for	I am grateful for
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			

Day 27			
Day 28			
Day 29			
Day 30			

At the end of the 30 days answer the following:

- What did you learn from this exercise?

- Did you see any patterns in what you are grateful for?

- When you had to look deeper to find things to be grateful for was it at first a difficult task? Did that change over time? How so?

- Have you noticed a change in how you feel about your life, about how you view things? If so, please write about what changes you have seen and how you see things from a different perspective.

Share Vocabulary

Your teacher will share the target vocabulary in the given language. Write it down in the chart below. This should help you understand and access the content.

English	Target Language
gratitude	
thankfulness	
giving thanks	
to know	
to give	
to receive	
to feel	
happiness	
appreciation	
understanding	
kindness	
compassion	

Find a quote in the target language and share with classmates.

Your quote

Who is the person that wrote the quote and their story? _____

Create a Gratitude Wall

If you are in the classroom, write your quote on butcher paper or poster boards. Your teacher may also have a digital version of a document where you can share your quotes.

Create Gratitude Artwork

Create a virtual mural proposal or mini mural using collaboration tools such as Google Classroom™, Google Docs™, or these free browser-based applications:

- <https://aggie.io/>
- <https://sketch.io/sketchpad/>
- <https://kleki.com/>

Your teacher may also have a different application that you can collaborate on with your classmates.

Gratitude through Art

Find a piece of artwork that expresses gratitude to you personally. Share that piece of art with a classmate and explain why you selected the piece and what it means to you. Ask your classmate what it makes them think of when they see it. Then switch roles.

Personal Expressions of Gratitude

Create a presentation, video, or poster of the things that you are grateful for in your life. Upload to your LMS or shared drive. Each student will share their personal expressions of gratitude either with the entire class or within small groups.

Expressions of Gratitude in Other Cultures

Select a culture from the language you are studying. Then answer the following questions and complete the project below.

- How do they express gratitude in their culture?

- What are some of the products and practices they use?

- How do these products and practices reflect their perspectives surrounding gratitude and giving thanks?

Take Action at Home As noted in the definition of gratitude, it is not only the quality of being thankful, but also the readiness to show appreciation for, and to return kindness.

Ways I can show appreciation and kindness to my family	X when done
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Take Action in Your Community We are each part of a larger community. When we strive to work together and build a stronger community, we all benefit. Find ways you can contribute toward making your community a better place for everyone.

Ways I can show appreciation and kindness within my community	X when done	Outcome
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Do you plan on continuing the practice of being grateful moving forward? Whether yes or no, please share your why.

Create your own collage, whether print or digital, of your experiences. Include 5 words in the target language that describe your experience. Share with your classmates.

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