

The background is a vibrant purple with various abstract shapes and patterns in shades of orange, light blue, and pink. There are white dashed lines, solid lines, and swirls scattered throughout. The word "GRATITUDE" is centered in a large, bold, white sans-serif font.

# GRATITUDE

May MSA Lesson



01

We will talk about this  
first.

What is gratitude? What does it  
mean to be grateful?

slices



Students, write your response!

Pear Deck Interactive Slide  
Do not remove this bar



# I can show gratitude by...

Join all MSA classes through Wooclap to tell us how you show gratitude to your peers, teachers, and staff!

Click the link via Pear Deck or simply **go to:**  
**wooclap.com and enter the code: DLAGAL**

slices



Students browse: [app.wooclap.com/DLAGAL?from=instruction-slide](https://app.wooclap.com/DLAGAL?from=instruction-slide)

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# Additional Ways to Show Gratitude

- ★ Keep a gratitude journal
- ★ Compliments
- ★ Write letters
- ★ Say thank you
- ★ I appreciate your help doing...
- ★ Volunteering
- ★ Active Listening
- ★ Encouragement

- ★ Make gratitude art
- ★ Do something they enjoy
- ★ Give a gift
- ★ Show kindness
- ★ Spend time with them
- ★ Take a gratitude walk
- ★ Eat dinner together
- ★ Do a favor



# Use gratitude today.

With the rest of your day still to go, choose one of the ways of showing gratitude and apply it to your own life! It could be as simple as thanking someone who helped you accomplish a task or as detailed as a letter to someone special.

**Show your appreciation!**





# CHOICE BOARD



Take a look at the Choice Board to determine how you would like to continue to study this month's theme, Gratitude!

You will have the next MSA class or two to complete an option from this board.

