

Name \_\_\_\_\_

## Gratitude Growth Answer Key

A strong response should:

- Describe an emotional change linked to expressing gratitude.
- Identify how gratitude affected feelings (small, medium, or big).
- Explain the impact of gratitude on relationships.
- Reflect on a personal lesson or insight about emotions.

### Teacher's Guide

- **Skill Focus:** Encourages emotional self-awareness, helps students analyze emotional growth, and strengthens understanding of intensity levels through gratitude reflection.
- **Differentiation Tips:**
  - Provide sentence starters such as "Before I started expressing gratitude, I felt..." or "Now, when I thank people, I notice..."
  - Allow verbal dictation, shared writing, or one-on-one conferencing for students needing support.
- **Engagement Ideas:**
  - Have students pair up to share their reflections and discuss how gratitude changes emotional intensity.
  - Use calming music or a gratitude video clip to inspire thoughtful writing.
- **Extension Activities:**
  - Students can create a timeline showing how their emotional awareness evolved over the years.
  - Encourage them to write a follow-up paragraph predicting how continuing to express gratitude might shape their future relationships.