

Name _____

The Gratitude Effect Answer Key

1. D
2. A
3. B
4. C
5. C

Teacher's Guide

- **Skill Focus:** Enhances understanding of emotional intensity and emotional regulation through factual reading about the science of gratitude.
- **Differentiation Tips:**
 - Read the passage aloud and pause after each paragraph to define key terms like dopamine and resilience.
 - Use visuals (brain diagrams or emotion scales) for students who benefit from concrete representations.
- **Engagement Ideas:**
 - Ask students to share one small way they can practice gratitude this week and predict how it might affect their emotions.
 - Discuss examples from movies, sports, or personal life where gratitude made a difference in emotional intensity.
- **Extension Activities:**
 - Have students write a short paragraph comparing gratitude's effects on the brain to another positive emotion such as hope or kindness.
 - Create a classroom "Gratitude Wall" where students post brief notes about things that make them feel big positive emotions.