

Name _____

Grateful Reflections Answer Key

Acceptable responses include clear examples of gratitude and self-awareness:

- The student identifies at least one specific event, person, and act of kindness.
- The student reflects on the emotional intensity (small, medium, or big).
- The response connects positive actions and gratitude with emotional well-being.

Teacher's Guide

- **Skill Focus:** Encourages emotional regulation, gratitude awareness, and identification of emotional intensity levels through reflective writing.
- **Differentiation Tips:**
 - Offer sentence starters such as "Today I felt thankful when..." or "A big feeling I had was..."
 - Allow voice recording or drawing in place of writing for students who need alternative expression.
- **Engagement Ideas:**
 - Begin each class with a short gratitude share from volunteers.
 - Discuss how small good moments can grow into big emotional impacts over time.
- **Extension Activities:**
 - Have students read their reflections aloud in a "Gratitude Circle" to build confidence and community.
 - Create a "Weekly Positivity Board" where students post brief summaries of their good moments anonymously.