



Grateful Goat

Why we like it: Teaching students gratitude improves happiness and relationships.

Neuroscience proves this to be true and we love brain science!

Duration: 30 min.

Materials: Grateful Goat puppet (optional), [FocusedKids Grateful Goat story](#), mindful coloring

Lesson Activities: Mindful Coloring

VOCABULARY

Grateful, gratitude, thankful, positive feelings like happy, calm, content, greedy, giving, getting

MAKE IT A HABIT

Here are some suggestions for the classroom:

[Gratitude Lessons](#)

PRACTICE IT

At the end of each day do a gratitude practice to close out the day. Students can verbally turn to another student like a turn and talk or students could share in a circle. If you have a goat puppet, include him in this practice. Or get creative and students can make their own!

SEND IT HOME

After reading the FK Grateful Goat Stories, have students make their own grateful story to take home and share with their family. Encourage them to start a gratitude practice at home. Get creative and follow up with parents and students.

CORE LESSON

Opening Brain Break

Begin by introducing the chime if you have not already. Start off with the chime. Hands-on belly or another anchor spot (heart, lap, knees). Listen to the chime consecutively from one time to three times depending on the student's needs for getting regulated. See [Chime lesson video demonstration](#). Use this short time to help students get their brains and bodies ready for learning. "Before we can learn about our brain, we have to get our brain ready." A great phrase to teach the class, "When we listen to the chime, we are calm and focused." Teach this by you, the teacher, saying it first and then have the students repeat.

Here are some other brain break ideas:

[Breathing Ball and Settle Your Glitter](#) or try a [Visualization](#)





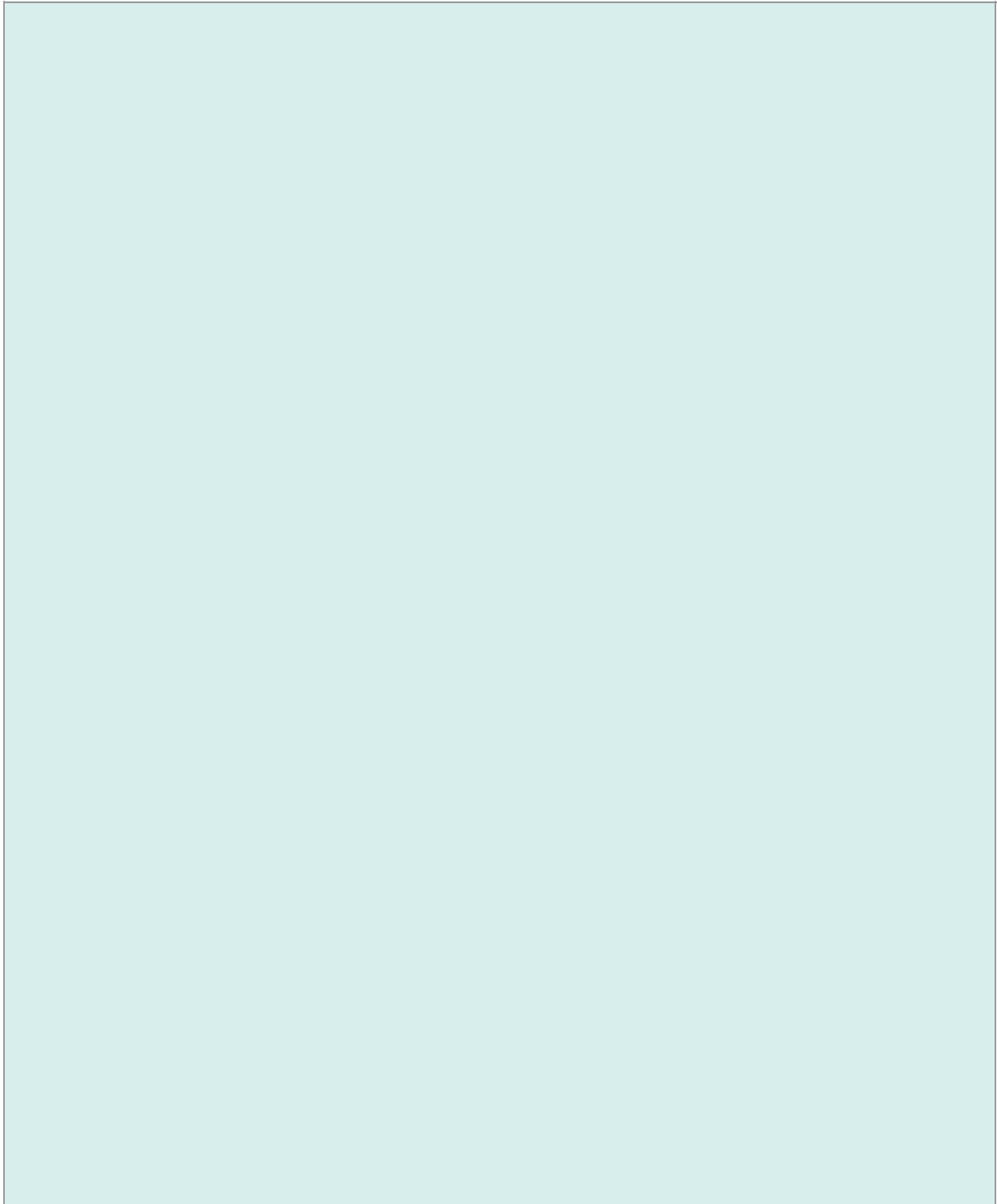
What to Say	Read Grateful Goat . Use the Grateful Goat puppet to engage the class. You can also show the video to the class Grateful Goat Video Lesson . Pass the goat around the circle and have each child say one thing they are grateful for. Allow the goat to spend time with each child during the day as a reminder of being grateful.
Lesson Activity	Mindful Coloring. Having time to color the concept helps integrate the lesson, and provides quiet focus time.
Closing Gratitude	

LESSON EXTENSIONS	
Brain Science	<input type="checkbox"/> https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain
Books	<input type="checkbox"/> When Grandma Gives You a Lemon Tree , Zen Pig , The Thankful Book , Have You Filled a Bucket Today
Websites	<input type="checkbox"/> https://greatergood.berkeley.edu/search?q=gratitude , Gratitude Lessons



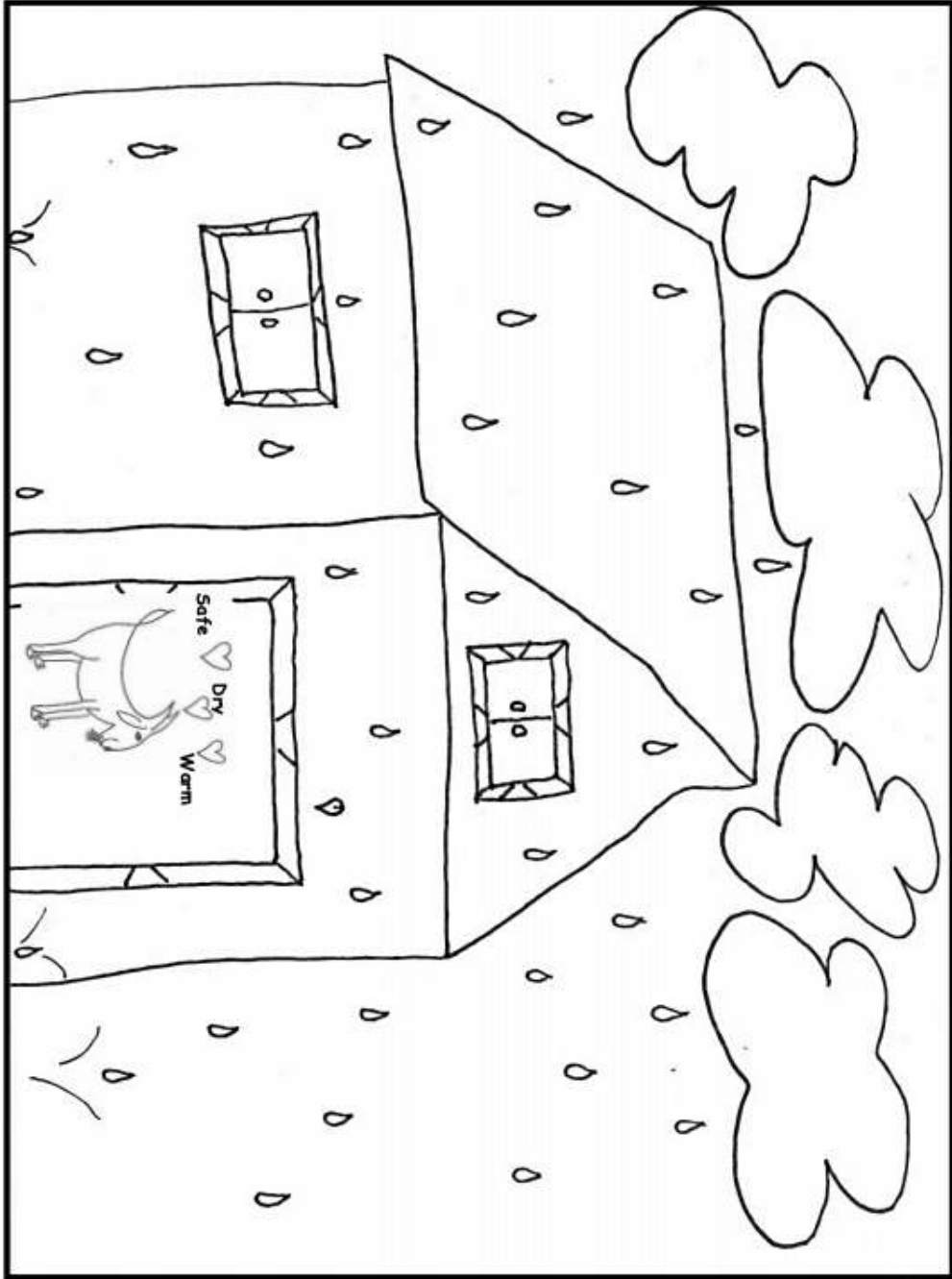


MAKE IT YOUR OWN!





The Grateful Goat



The Grateful Goat knows that when he feels blue just naming the good stuff in it's life changes it's brain from sad to happy. Name 3 things or people you are grateful for.

