

Attitude of Gratitude

Self-reflection and taking time to appreciate the good things in life can help improve an individual's emotional wellness. Sometimes people tend to focus on the negative things that are happening and forget to focus on the good things. Taking time to think about things for which to be thankful and creating a visual image of these items can serve as a reminder that there is much to be thankful for.

Social Emotional Learning Competency:

- Self-Awareness

Purpose:

- To reflect on the positive things happening around us.
- To show appreciation for things to be thankful for.

Materials

- Construction paper
- Scissors
- Glue stick
- Black markers

Success Indicators

- Participants recognize the positive influences in their lives
- **Recommended Group Size:**
Any size group
- **Recommended age:** 5-9
- **Est. Time:** 30 minutes

For more information and activity resources visit <https://u.osu.edu/clubudconnections/>

Preparation

Precut feather shapes from various colors of construction paper. Depending on the age of your group, writing help may be needed, and you might want to cut out the head and body beforehand.

Thankful Turkey

1. Cut a 6-inch circle out of brown construction paper.
2. Cut a smaller brown circle for the head. Use a glue stick to attach these circles to a sheet of construction paper, leaving room to attach feathers around the body.
3. Cut a beak and wattle from construction paper, and glue these to the turkey's head to make the face. Use a black marker to add eyes.
4. Decide how many feathers each participant may have, and then ask participants to write one thing they are thankful for on each feather.
5. Attach the feathers to the construction paper using a glue stick.
6. Open and Debrief with questions to help participants reflect on the purpose of this activity and what thankfulness means for them!



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