

## Give Thanks!

Understanding and expressing gratitude is a valuable skill to master. Saying thank you, writing notes, and giving gifts of gratitude helps individuals find meaning and purpose, connect with others, and develop personal responsibility. By giving thanks and taking the time to appreciate the positive aspects of your life, you too are a happier, healthier you!

### Social Emotional Learning Competency:

- Social Awareness

### Purpose:

- Recognizing strengths and positives in others.
- Understanding and expressing gratitude

### Materials

- Thank you cards
- Pens/pencils

### Success Indicators

- Participants are grateful for others and are recognized by their peers.
- **Recommended Group Size:** 10-15 youth
- **Est. Time:** 15 minutes

### Preparation

Have a blank Thank You Card available for each participant. Inside, put the name of each person, present.

### Activity Description

1. Space the Thank You Cards around the room.
2. Ask each participant to visit each card and write a brief but intentional thank you message. Examples: "thank you for being kind to me by saying hi at my first meeting", "thank you for coming to open the door for me", "thank you for helping me with my 4-H project"
3. Collect the cards, review them for comments, and give them to the participants.
4. Allow participants to read their thank you cards and then reflect; How does it make you feel to get a thank you? How did it make you feel to give a thanks?

For more information and activity resources visit:

[Promising Practices and Benefits of 4-H Members Saying Thank You | Ohioline \(osu.edu\)](#); <https://ohio4-h.org>.

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