

Learning Guide



Our Thanks

We hope you know how grateful we are for you, our listeners! This Learning Guide is full of ideas and resources for how to practice gratitude in your life. We hope you enjoy it!



What's in this Learning Guide?

Get Set to Listen

CCSS.ELA-Literacy.SL.2-8.2

Discussion Questions

CCSS.ELA-Literacy.SL.3-8.1; CCSS.ELA-Literacy.SL.3-8.3

Writing Prompts and Extension Projects

*CCSS.ELA-Literacy.W.3-8.1; CCSS.ELA-Literacy.W.3-8.2; CCSS.ELA-Literacy.W.3-8.3;
CCSS.ELA-Literacy.W.3-8.4; CCSS.ELA-Literacy.W.3-8.7; CCSS.ELA-Literacy.W.3-8.8*

Gratitude Journal

CCSS.ELA-LITERACY.W.3.1-W.5.3; CCSS.ELA-LITERACY.W.3.8; CCSS.ELA-LITERACY.SL.3.4; CASEL: Self-Awareness; Self-Management; Relationship Skills; NHES: Standards 1 & 7

My Family Project

CCSS.ELA-SL.1-5; CCSS.ELA.W.1-5; CCSS.L.1-5; Social Studies (C3 Framework): Culture, identity, and community (D2.Civ.2.K-5, D2.His.2.K-5); CASEL: Self-Awareness, Social Awareness, Relationship Skills

Additional Resources and Book List



The Children's Hour
kids public radio

© 2025 The Children's Hour radio show podcast
<https://www.childrenshour.org/our-thanks/>



Get Set to Listen

1. Before listening!



Write down your response to one of these questions. Share with a partner or small group when you are finished.

- What are some small things in your life you're thankful for every day?

2. After listening!



Write down your response to the following question. Share with a partner or small group when you are finished. How did your thoughts about the role of gratitude change after listening to this episode?

What are some ways you could show gratitude at home, in school, or in your community?



Discussion Questions

1. What does gratitude mean to you?
2. What are some small things in your life that you're grateful for every day?
3. How can you show gratitude to the people you care about?
4. Can you think of a time when someone showed you gratitude? How did it make you feel?
5. How can gratitude change the way we see challenges or problems?
6. What's the difference between saying "thank you" and truly feeling grateful?
7. How can being grateful help build stronger friendships or communities?
8. Is it possible to be grateful even when things aren't going well? Why or why not?
9. What are some ways you could show gratitude at home, in school, or in your community?
10. How could you remind yourself to be more thankful each day?

Group Discussion Strategies

Think Pair Share:

1. Individually, student writes down their answer to a question.
2. Students pair up and tell each other their answers.
3. Teacher calls for volunteers to share with the whole class their answer (and/or their partner's answer). Teacher notes key words/phrases on board.

Round Robin:

1. Teacher poses one question (written on top of a large page) to students, who are assembled into small groups of 3 or 4.
2. Students take turns brainstorming the answers. The recorder of the group writes down all answers.
3. The leader reads the group's ideas to the entire class. Teacher moderates.



Writing Prompts

Narrative Prompts

1. Write about a time someone did something kind for you. How did it make you feel?
2. Tell the story of a day when you helped someone else and what you learned from it.
3. Imagine you wake up in a world where everyone shows gratitude all the time—what would that world look like?

Extensions:

- Create a short comic or illustrated story about kindness and appreciation.
- Record a short video or audio “gratitude story” to share with your class or family.

Informative/Explanatory Prompts

1. Describe the health and emotional benefits of practicing gratitude.
2. Research how people show gratitude in different cultures around the world.
3. Describe ways schools or communities can encourage more gratitude and kindness.

Extensions:

- Create a “Guide to Gratitude” brochure or infographic.
- Interview family members or classmates about what they’re grateful for, then summarize your findings.
- Start a class “Gratitude Board” and post daily notes of appreciation.

Opinion/Persuasive Prompts

1. Do you think saying “thank you” is enough to show real gratitude? Why or why not?
2. Should schools include gratitude or mindfulness time in the day?
3. Should people write thank-you notes more often instead of sending texts or emojis?

Extensions:

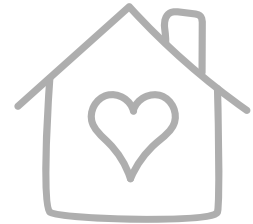
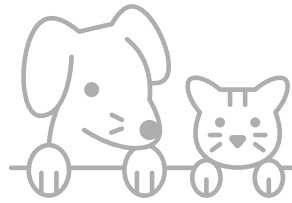
- Create a persuasive poster or PSA (public service announcement) about why gratitude matters.
- Write and deliver a short speech on how gratitude can change your community.
- Organize a “Gratitude Challenge Week” and record the results.





Gratitude Journal

Be thankful for today! What is one thing you feel grateful for right now—big or small? Use the ideas below or think of your own. Draw what you're thankful for, then write about why it's special to you.





Gratitude Journal Prompts

Be thankful for today! Keep a gratitude journal:

Address a different prompt each day, or answer the same prompt for a week or month. How does keeping a gratitude journal make you feel?

Watch

[Kid President's 25 Reasons to be Thankful!](#) video

Listen

to the song [“Thanks” by The Missoula Coyote Choir & Friends](#)



Daily Gratitude Prompts

- What made you smile today?
- Who are you thankful for, and why?
- What's one good thing that happened this week?
- What's something small that makes your life better every day?
- What is your favorite part of the morning?
- Who helped you recently? How did it make you feel?
- What's a kind thing someone has done for you?
- How do you show gratitude to your family or friends?
- Write about a teacher, coach, or mentor you appreciate.
- How do your friends make your life better?
- What do you love most about nature?
- Describe a place that makes you feel peaceful or happy.
- What sound, smell, or sight from nature are you grateful for today?
- What's something you're proud of learning recently?
- What do you like most about yourself?
- What's a challenge that taught you something important?
- What's one healthy habit you're thankful for?
- What activity makes you feel happiest or most creative?
- What song, book, or movie always lifts your mood?
- If you could thank your imagination, what would you say?

Extensions

- Create a gratitude tree or wall where you post notes of thanks.
- Write a thank-you letter to someone important in your life.
- Keep a daily gratitude jar—add one thing you're grateful for each day.
- Turn your journal into a gratitude comic or poem.



My Family Project

Listen

to the song [“What is a Family?” by Louis and Dan and the Invisible Band, feat. Helen Forsythe](#)

Discuss

- *What does the word “family” mean?*
- *Who is in your family?*
- *Can families look different from one another? (Discuss examples—single-parent, multi-generational, adopted, chosen, etc.)*

Read

- *The Family Book* by Todd Parr
- *A Family Is a Family Is a Family* by Sara O’Leary
- *Who’s in My Family?* by Robie H. Harris

Discuss

- *What made each family special in the story?*
- *What things do all families have in common?*

Create

“Tell Us What’s Special About Your Family”

- K–2: Draw a picture of your family doing something special together.
- 3–5: Write a short paragraph or poem about what makes your family unique.

Prompts:

- What are your family’s favorite traditions or meals?
- What do you like to do together?
- What makes your family’s story special?

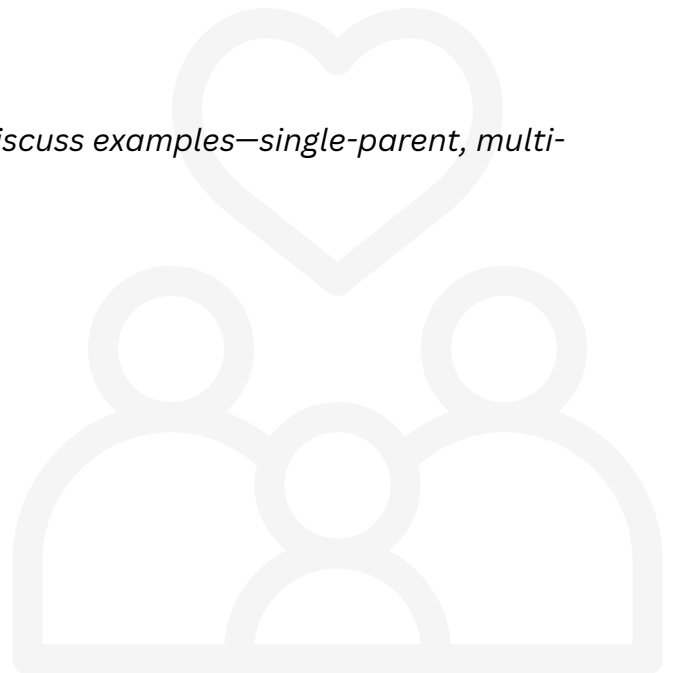
Encourage students to focus on values and connections rather than appearance or size.

Share & Celebrate

- What did you notice about the families we heard about today?
- How are they similar or different from yours?
- What does every family have in common?

Extensions

- Interview a family member about a favorite memory or tradition and share it with the class.
- Create a classroom display showing all families connected in one big “community tree.”
- Turn everyone’s work into a class book titled *Our Families Are Special!*





My Family

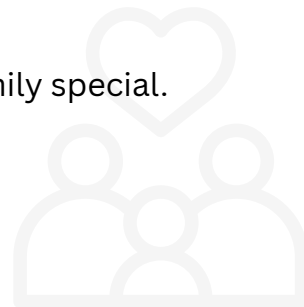
*Families can look many different ways — big or small, near or far, quiet or loud!
What matters most is the love, care, and memories you share together.*

Draw or Write

Use the space below (or the back of this page) to show what makes your family special. You can draw a picture, write a short story, or create a poem!

Ideas to include:

- A favorite family tradition or celebration.
- Something your family does that makes you laugh or feel happy.
- A special meal, song, or game your family enjoys.



Upload your gratitude to our Instagram [@tchradio](#), TikTok [@thechildrenshourradio](#), and [Facebook page](#), and check out what others are thankful for!



Mail your gratitude to:
The Children's Hour
PO Box 70236
Albuquerque, NM 87197



Record a Voice Message

This might be used on The Children's Hour!



Post your gratitude on our Instagram, TikTok and Facebook! Check out what others are thankful for!



Additional Resources

[Teaching Gratitude and Kindness to Children](#)

This article from The Imagine Project, Inc. describes “The Gratitude Game” and lists other ideas for teaching kindness and gratitude.

[30 Gratitude Activities for Kids and Teens](#)

[Giving Thanks Can Make You Happier](#)

This article from Harvard Health Publishing explains the science behind gratitude and describes ways to cultivate gratitude.

[How Cultural Differences Shape Your Gratitude](#)

An article from Greater Good Magazine: Science-Based Insights for a Meaningful Life.

Videos

[Kid President’s 25 Reasons to Be Thankful](#)

[What Teens Are Thankful For](#)

This is a great video for 5th-8th graders where teenagers tell people in their lives that they are grateful for them.

[Self-Kindness Go Noodle Meditation](#)

A guided meditation that helps us be kind to ourselves and others.

[A Little Thankful Spot read aloud](#)

The Spot series is a wonderful collection that explores many Social-Emotional Learning themes.

[Gratitude as a Life Skill](#)

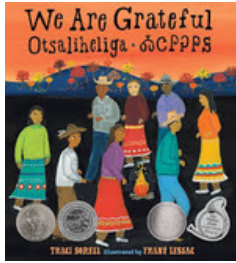
A funny video where a student looks around to find things to be grateful for — including “cats and birds that are friends, a teacher, and a kind-of-annoying sister.”

[How to Talk to Kids About Gratitude](#)

This video shares a research-based strategy for adults to use with younger kids to help them express gratitude.



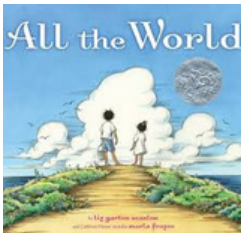
Book List



We Are Grateful: Otsaliheliga

by Traci Sorell, illustrated by Frane Lessac

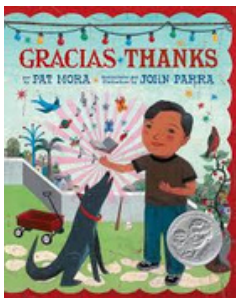
Author Traci Sorell shares a year of Cherokee celebrations and traditions, offering young readers a vibrant look at modern Native life. ages 3-7



All the World

by Liz Garton Scanlon, illustrated by Marla Frazee

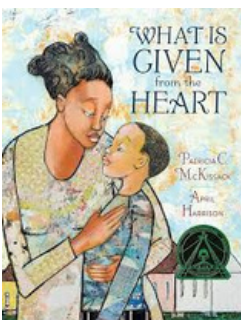
This simple, profound, Caldecott Honor story affirms the importance of all things great and small. ages 1-4



Gracias: Thanks (English and Spanish Edition)

by Pat Mora, illustrated by John Parra

In poetic language, a young biracial boy (Mexican and Caucasian) shares the everyday moments he's grateful for. ages 5-9



What Is Given From the Heart

by Patricia C. McKissack, illustrated by April Harrison

A touching story of giving and compassion. When the Temples lose everything in a fire, James learns that even small, heartfelt gifts can make a big difference. ages 6-8



The Thank You Letter

by Jane Cabrera

A young girl writes notes of gratitude for gifts and everyday joys. Her letters spark a heartwarming response from her community, showing young readers how simple acts of thanks can brighten lives. ages 4-8



Book List



Thank You, Omu

by Oge Mora

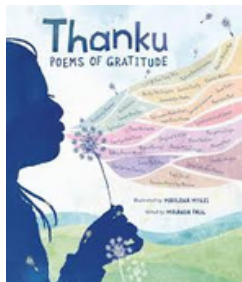
In this heartwarming Caldecott Honor story, Omu shares her delicious stew with everyone, and the community returns her generosity.
ages 3-7



Flight of the Puffin

by Ann Braden

This chapter book follows a girl who chooses kindness over her family's bullying. She leaves "You are amazing" notes around town, inspiring four kids to embrace themselves and each other.
ages 10-14



Thanku: Poems of Gratitude

by Miranda Paul, illustrated by Marlena Myles

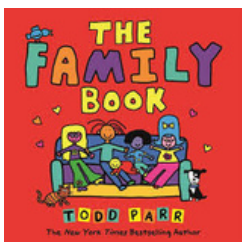
This anthology features diverse poets expressing gratitude for everyday joys, using forms from sonnets to concrete poems.
ages 6-10



A Family Is a Family Is a Family

by Sara O'Leary, illustrated by Qin Leng

When a teacher asks what makes their families special, each child shares something different, discovering that every loving family is special in its own way.
ages 3-7



The Family Book

by Todd Parr

This book celebrates families of all kinds, reminding readers through bright art and simple words that every family is special.
ages 2-5