

Scope & Sequence

Participants	K-12 students and all teaching and non-teaching school and district staff
Approach	Integrate practices and lessons into existing professional and learning routines in minutes a week to build a habit
Setting	Grade level class in primary grades; advisory/homeroom or anchor class (i.e. ELA) in secondary grades
Time	5 minutes a week for staff; 5-15 minutes a week for students
Learning Activities	1 year of lessons and practices
Assessment	Formative and summative reflection tasks; surveys; app data

Overview

The GiveThx program strengthens student and educator wellbeing and social-emotional skills using the science of gratitude. Students and staff participate together to nurture mental health, relationships, and skills that create an inclusive, equitable, and thriving learning community.

Pacing

GiveThx begins with all teaching and non-teaching staff. After building staff buy-in, capacity, and wellbeing, the program expands to students.

	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Who	Staff	Staff + Student								
Support	Staff Rollout	Facilitator Training & Student Rollout		Check-In 1			Check-In 2			
Learning	Practices	Lessons 1-2 + Practices	Lessons 3-4 + Practices	Lessons 5-6 + Practices	Practices	Lessons 7-8 + Practices	Lessons 9-10 + Practices	Lessons 11-12 + Practices	Lessons 13-14 + Practices	Practices
Assessment				Focus Skill 1	Formative Assessment				Focus Skill 2	Summative Assessment + Survey

Lessons

#	Title	Time	Grade Levels			Description
Lesson 1	Gratitude Science	15 min	K-2	3-5	6-12	Understand how your brain and relationships change when practicing gratitude
Lesson 2	Gratitude Components	15 min	K-2	3-5	6-12	Learn the parts of a thank you that make for a strong expression
Lesson 3	Meaningful Messages	15 min	K-2	3-5	6-12	Write strong thank you notes to peers
Lesson 4	Direct & Indirect Benefits	15 min	K-2	3-5	6-12	Notice indirect benefits to help thank people you do not know as well
Lesson 5	Focus Skill 1: Goal-Setting	15 min	K-2	3-5	6-12	Co-define a specific behavior/skill together and set a collective thx note goal
Lesson 6	Focus Skill 1: Reflection	15 min	K-2	3-5	6-12	Use individual and class data and evidence to assess learning around the focus skill
Formative Assessment		30 min	K-2	3-5	6-12	Mental health, belonging, self and social awareness, relationship skills, self-management
Lesson 7	Belonging & Inclusion	15 min	K-2	3-5	6-12	Understand the science and importance of belonging and including others
Lesson 8	Growth Mindset	15 min	K-2	3-5	6-12	Learn how to build growth mindset with gratitude
Lesson 9	Thanking Adults	15 min	K-2	3-5	6-12	Practice ways to thank adults at school, including those a student does not know well
Lesson 10	Thanking Family	15 min	K-2	3-5	6-12	Understand how to bring gratitude practices into the home
Lesson 11	Noticing	15 min	K-2	3-5	6-12	Learn how to notice different things a person can be grateful for
Lesson 12	Habits & Goals	15 min	K-2	3-5	6-12	Explore habit formation science to help build a strong gratitude practice
Lesson 13	Focus Skill 2: Goal-Setting	15 min	K-2	3-5	6-12	Co-define a specific behavior/skill together and set a collective thx note goal
Lesson 14	Focus Skill 2: Reflection	15 min	K-2	3-5	6-12	Use individual and class data and evidence to assess learning around the focus skill
Summative Assessment		30 min	K-2	3-5	6-12	Mental health, belonging, self and social awareness, relationship skills, self-management
Survey		5 min	n/a	3-12		Mental health, belonging, self and social awareness, relationship skills, self-management

Note: See our [Practices Guide](#) for non-sequential giving and reflecting activities used between and within lessons by students and staff