

Maintaining Community & Wellbeing



In-Person & At-Home Learning on GiveThx

GiveThx is an easy way to build relationships and wellbeing using gratitude. Students and educators can use digital thx notes at school and at home to maintain connection and support social-emotional learning. Learn more at www.givethx.org.



When

Make a plan that uses GiveThx to complement daily, weekly and monthly learning routines:

Daily

Check-In Thx (Attendance)
Activity Process Check
Check-Out Thx (Attendance)
Daily "Positive" Phone Call

Weekly

Morning Meeting Connection
Wellbeing Check-In
End-of-Week Reflection
Weekly Newsletter Appreciations

Monthly

Behavior Challenge
Student-Led Conference
Family Practice
Staff Meeting Shoutouts

How

Consider the following learning routines and the GiveThx practices that complement them:

Educator Routines

Department Appreciations → Thank a colleague
Staff Meeting Shoutouts → Thank in a note & out loud
Weekly Newsletter Appreciations → Thank someone you work with
Counselor Intervention → Monitor student wellbeing
Strengths-Based Conversation → Reference student strengths
Daily "Positive" Phone Call → Share student thx note w/ parent

Practices

→ [Peer Gratitude](#)
→ [Write & Shout Out](#)
→ [Group Gratitude](#)
→ [Check-In](#)
→ [Strengths Inventory](#)
→ [Positive Home Contact](#)

Student Routines

Check In/Out (Attendance) → Reflect to focus & be counted
Activity Process Check → Recognize prosocial behaviors
Morning Meeting Connection → Thank new people
End-of-Week Reflection → Reflect on a favorite thx note
Presentation Debrief → Everyone thanks the presenter
Student-Led Conferences → Share social-emotional strengths
Behavior Challenge → Recognize 1,000 acts of kindness
Wellbeing Check-In → Process emotions & request help
Family Practice → Include family in your practice

Practices

→ [3 Good Things](#)
→ [Partner Gratitude](#)
→ [New Gratitude](#)
→ [Message Received](#)
→ [Gratitude Wave](#)
→ [Strengths Inventory](#)
→ [Behavior Challenge](#)
→ [Check-In](#)
→ [Gratitude Interview](#)

Gratitude practice increases connection, wellbeing, and resilience.

Follow [@givethxapp](https://twitter.com/givethxapp) to discover additional ideas from your colleagues and share your own!