

Lesson 3: Meaningful Messages



15 Minutes



Mini-Lesson



Students Grades 6-12



Thx Notes

Description

Students learn how to write a meaningful message using the parts of gratitude (benefactor, benefit, impact) they learned in the previous lesson

Objectives

- ❖ I can explain what makes a message meaningful
- ❖ I can write two meaningful thx notes to practice interpersonal gratitude

CASEL: Social Awareness, Relationship Skills

Preparation

- ❑ Web browser per pupil, internet, projector

Resources

- ❑ [Lesson Slide Deck](#)

Agenda

- ❑ 4 min - Pairshare: How to write a good note
- ❑ 1 min - Direct: Meaningful message parts
- ❑ 1 min - Direct: Examples / non-examples
- ❑ 5 min - Give: Write a meaningful note
- ❑ 3 min - Report Out: How did you feel?
- ❑ 1 min - Summary

Facilitation

- ❖ 4 min - Pairshare/Report: Ask - "If you had to explain to someone how to write a meaningful thank you note, what would you tell them? What would it include?"
- ❖ 1 min - Direct: Message Parts - Emphasize how using the benefactor, benefit and impact aspects of gratitude we learned in the previous lesson adds meaning. i.e. "Thanks for helping" vs. "Maria, thanks for helping." Using the name of the benefactor adds meaning.
- ❖ 1 min - Direct: Examples/Non-Examples - Review the examples and point out the gratitude parts.
- ❖ 5 min - Send Note: Students thank their pairshare mate
- ❖ 3 min - Read/Report: Ask for people to share how it felt to receive thx and see how giving made someone feel. Be sure to ask 'why' they feel the way they do.
- ❖ 1 min - Summary: Review the lesson's big ideas

Tips

- ❖ Key Idea: Write the kind of note you wish you received
- ❖ Be clear: "I can see everything you write. I will remove unserious notes."

Extensions

- ❖ Ask students to share a time when they received a meaningful thank you note or expression of thanks.
- ❖ Create a list on paper of the things that make a note meaningful. Consider posting it on the wall.