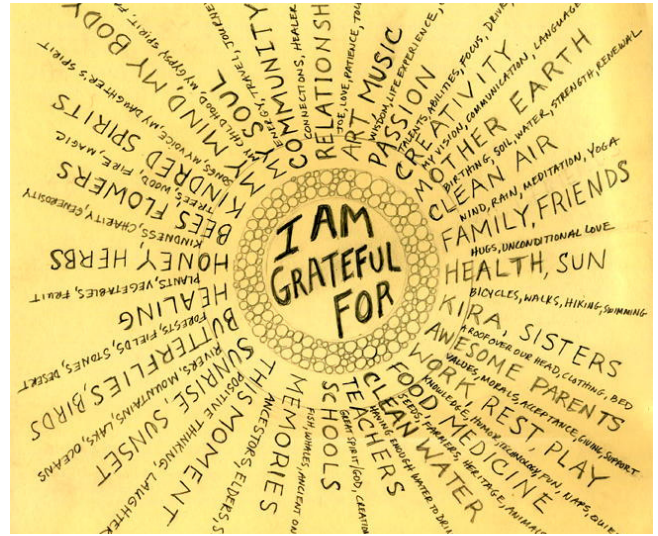




GRATITUDE TIMELINE

It's important to think about and be grateful for all the people in our lives that help us to have good lives. Sometimes we forget about the people who help indirectly, but without whom we could not survive. Let's work on remembering and being grateful for those people we often forget!



Steps:

Pick a food item as a class. Have students think about all the people and things that brought that food item into their lives. Then have students thank each person or animal who contributed. Do it with different items! For example, a raisin.

Think of the worms that nourished the soil. Think of the sun and rain that fed the vines.

Think of the farmers who took care of the vines and picked the grapes.

Think of the workers who harvested the grapes, put them out to dry, and boxed them.

Think of the truck drivers who drove the raisins to the store.

Think of the grocery store worker who put it on the shelves.

Think of the person who bought the raisins and brought them to you.

Vietnamese proverb: When eating a fruit, think of the person who planted the tree.