

Make Jesus Real

A
BOOK
FOR
LIFE

TEACHER RESOURCES SECTION 5 – HAPPINESS & GRATITUDE



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SECTION 5

HAPPINESS & GRATITUDE

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QUOTES

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

— William Arthur Ward

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

— John F Kennedy

INTRODUCTION

Learning to appreciate and show gratitude is a lifelong skill that can open so many doors. Many students strive for happiness but have many things occur in their lives that detract and spoil their happiness. They need the opportunities to share, reflect and journal and this section encourages reflection and not underestimating what others do for you.

LEARNING INTENTIONS

We are learning that...

- i) the greatest happiness occurs when positively giving to others
- ii) being grateful and showing gratitude creates enormous happiness
- iii) we need to practise these two skills so that they become habits that become embedded in all we do
- iv) integrity relies on self-awareness and positive self-motivation.

ACARA CONNECTION

YEAR 5/ 6 – HPE

Analyse the role of health-enhancing behaviours in promoting and maintaining health, safety and wellbeing for individuals, families and their communities (AC9HP6P08).

SUCCESS CRITERIA

Students will be able to ...

- i) appreciate people in their lives rather than take them for granted
- ii) reflect on their choices in life and try and create happy situations for themselves and others around them
- iii) understand that Gratitude will become a habit if it is practised
- iv) understand that the four traits of WEST can be cultivated and used in everyday life to create happiness.

SCRIPTURE

Matthew 5:8

Blessed are the pure in heart, for they shall see God.

Psalms 118:24

This is the day that the Lord has made; let us rejoice and be glad in it.

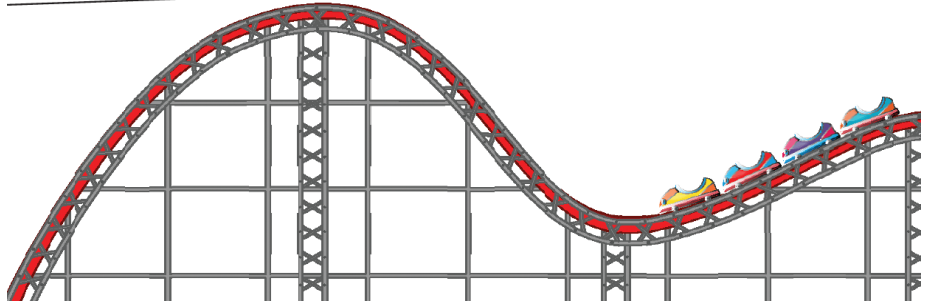
TAKE AWAY FROM SECTION 5

To choose one or two aspects to concentrate on to make our lives and others' lives better.

see page 15

5.1 Staying positive

Life can be a little like a roller-coaster cart. Sometimes we're up (we have great times or just plain old good times), sometimes we're just coasting along (ordinary times), and sometimes we're plunging downhill (not-so-good times). Life is like that. If we dwell too much on the not-so-good times and think that is our destiny, then it will be.



- Life is like a rollercoaster poem
<https://allpoetry.com/poem/9632309-Life-is-Like-a-Rollercoaster-by-Lewis-is-cool>

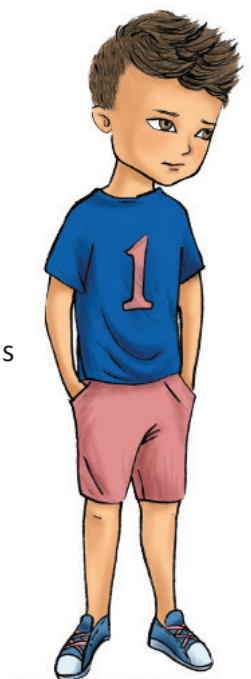
see page 21 & 22

5.2 Givers & Takers

It would be easy to say there are givers and takers in the world, but it is more complex than that. Sometimes we are givers when our attention is focused outward: we are ready to lend a hand, positive with the people we meet, or happy to praise someone else's efforts. At other times we are self-focused (takers) – when the world feels too hard to deal with, when we feel life isn't fair, or we can't be bothered doing that chore that is our responsibility.

The trick is to recognise when we are being 'takers' and to change our attitude around so that it is more positive. It's not always easy to do, but at least we can try.

1. Turn to page 22 of the MJR workbook and get students to read through the 'giver' list and 'taker' list.
2. As a group, list as many 'giver' statements and 'taker' statements as you can on the board.
3. Do students have difficulty coming up with ideas for this exercise?
4. Any there any statements that could fit into either column on the board?



see page 50

5.3 Doing the right thing 'Role Play'

It is one of the hardest things we are faced with in life – forgiving others for the wrongs – either real or imaginary – that happen to us.

1. Ask two students to come to the front of the room.
2. Get the students to decide on a fairly harmless misdemeanor (i.e. Student A took Student B's pen).
3. Ask the students to role play what happens next.
4. Get students to decide on a more serious misdemeanor this time (i.e. talking 'gossip' behind someone's back).
5. Again, ask the students to role play a response to this. They are allowed to ask the rest of the class for help with the phrases they might use.

see page 75

5.4 Special gifts

Sometimes it's easier to pinpoint the special gifts of others rather than our own.

1. Get each student to write their name on a slip of paper and fold in half.
2. Hand around an empty container and ask students to place their name paper inside.
3. Once all names have been collected, get students to come out the front, one at a time, and take a name slip.
4. Once all names have been collected, ask students to spend five minutes writing about the special person they have pulled out of the container. (Do this on a loose sheet of paper.)
5. Then, ask each student to read out their answer, or ask for the answers to be collected and read them out yourself.
6. Each student should then have a 'special gifts' comment they can paste/stick into their journal.

see page 81 & 82

5.5 Joy, Happiness and inner peace

What helps create joy, happiness and inner peace? Being grateful for what we have, compassion, and empathy.

1. Ask students if they know the difference between joy and happiness.
2. Ask for some examples of both.
3. Write suggestions onto the whiteboard.
4. Ask students to turn to a blank page in their journal and get them to create some word art that names a place, occasion/time, or person who leads them to inner peace.

“Joy is caused by elation at a moment in time. Joy may not always be about oneself but be about others' contentment also. Happiness is about the self's pleasure. Happiness may dwell on materialistic, worldly pleasure while joy is derived from soul satisfying, emotional well being.”

– Diffen.com

Joy Class Activity

This creative response to the idea of 'Joy' asks only that the student draw or paint a person(s) – or a pet – who has brought them joy. Once completed, encourage the student to present their artwork to that person.

see page 84

5.6 Bills to pay

This is a lighthearted look at the relentless avalanche of bills that every household deals with.

Lunch Money Lewis – Bills

https://www.youtube.com/watch?v=_IrQHeDcMi8

(3:36 minutes)

1. Get students to watch the video.
2. Ask them to list some of the possible bills Lunch Money Lewis has to pay using the video as a prompt. Add answers to the whiteboard.
3. Expand this list to what bills they consider their parents/carers might need to pay annually/monthly/weekly.
4. Get students to consider ten things they take for granted in their home. (I.e. heating, Internet, food etc.)

see page 117

5.7 Where was Jesus in my life today?

Reflection is like soaking up the goodness of the day.

1. Ask students where they have seen Jesus in their lives at school:
 - a) today
 - b) this week.
2. Ask students where they have seen Jesus in their lives at home:
 - a) today
 - b) this week.

see page 133

5.8 The Spirituality of the Everyday

It's easy to live on autopilot. We let each day slip by without taking note of those moments that inspired joy. What we are talking about here is 'mindfulness'. It is about being 'present' in the moment.

Sometimes it's difficult to find a highlight in our day when we are feeling disheartened, angry or sad. Yet, these are the times we most need to count our blessings.

In the Moment

For this exercise, students will practise focusing on the present moment.

1. Ask students to sit quietly with their eyes closed for two minutes.
2. Time to open their eyes, and write down what they heard during that two minutes. Share with the class.
3. Now ask what they visually notice around them. This can be a verbal response.
4. Finally, ask them to respond to their surroundings using their sense of touch. Share with the class.
5. Watch the YouTube clip 'Live Like That' and ask students 'How do you want to live?'

Sidewalk Prophets – 'Live Like That'

<https://www.youtube.com/watch?v=GfosSggwQS0>

(3:57 minutes)

5.9 Heart Room activity at school

Your heart room is a special place where you and only you can go to meet Jesus, have a chat and be at peace with him. One of the ways that you can spend this quiet time with Jesus is in Christian Meditation.

Meditation doesn't come easily to anyone, but even kindergarten children can be taught this skill. Christian mediation is a form of prayer. It takes practise and a willingness to surrender yourself to the moment.

1. Choose a quiet location where the class won't be disturbed.
2. Ensure the students are comfortable - either seated at their desks or on floor cushions or carpet.
3. You might choose to use a symbol – such as a candle, or small statue – that signals the students this is a meditation space.
4. Ask students to close their eyes and empty their minds of everything except the one word 'MARANATHA' – a word which means 'Our Lord has come' in the language of Aramaic (the language Jesus spoke). They should silently repeat this word, concentrating on that above all else.
5. Any time students become distracted, they should clear their minds once more and silently repeat the word MARANATHA.
6. Allocate a short period of meditation to begin with – try three minutes – then gradually work towards a longer period.
7. At the end of your meditation time, quietly instruct students to open their eyes and rejoin the class.

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Don't Take Anything In Your Life For Granted Place

from Fearless Soul

https://www.youtube.com/watch?v=Wna-8qFy_v0

(4:00 minutes)

Random Act of Kindness

In the summer of 2017, Kiarra Dalley had a terrible accident during a High School shop class that unfortunately resulted in the loss of her hand. Random Act teams up with The Piano Guys for an unforgettable experience for this young aspiring pianist and dancer.

Girl Without A Hand Plays on Stage with The Piano Guys

<https://www.youtube.com/watch?v=wf4Rp64RnGI>

(13:53 minutes)

Sarah Kay 'If I should have a daughter'

Sarah Kay emphasises the many lessons of life by telling them to her hypothetical daughter.

If I should have a daughter

<https://www.youtube.com/watch?v=9JD-otbM0MI>

(3:25 minutes)

Gratitude - Not taking for granted

The misery of those who bring up their children on the garbage tips is shocking. The sole ray of hope on this burning Phillipine garbage tip is the German priest, Heinz Kulüke. He is, in fact, a university professor of philosophy -- however his encounters with the garbage people have changed his life. He works tirelessly to help the garbage people.

The Garbage children of Cebu

<https://www.youtube.com/watch?v=a6NHuggG6vU>

(4:33 minutes)

Attitude of gratitude

An MJR online teaching slide deck

https://docs.google.com/presentation/d/1R_ZsvvXc0fA6yfdK6VdfozYuiB5liBMEHTxavsqMxOU/edit#slide=id.p

Gratitude – Moving art

This inspirational video was well responded at TED conferences and filmmaker Louie Schwartzberg motivates those around him as happiness is revealed. Spoken word and music montage created and composed by Gary Malkin. Narration written and spoken by Brother David Steindl-Rast.

Don't Take For Granted (DTFG)

<https://www.youtube.com/watch?v=nj2ofrX7jAk>

(6:09 minutes)

see page 78

Grateful: A Love Song to the World

<https://www.youtube.com/watch?v=sO2o98Zpzg8>

(4:57 minutes)

A positive song that looks at our daily blessings.

Chorus:

All that I am

All that I see

All that I've been and all that I'll ever be

Is a blessing

It's so amazing

And I'm grateful for it all, for it all

see page 86

Happy

It's hard to sit still when listening to this joyous song. Clap along, sing along and encourage students to get their groove on!

Pharrell Williams Happiness song

<https://www.youtube.com/watch?v=y6Sxv-sUYtM>

(4:06 minutes)

see page 88

Laugh out loud

Try and watch this quick video without laughing along (or at least cracking a smile). A great tension-breaker.

Hahaha

<https://www.youtube.com/watch?v=NE-Cqsk5pFY>

(1:43 minutes)

GRATITUDE ACTIVITY

Ask students to create an acrostic poem to describe or connect with the word 'Gratitude'. This can be expanded upon as a class activity as students share their answers.

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