



# UNIT #1

# GRATITUDE

Lesson Extension

## MY GENEROUS LIFE PURPOSE POINT

Gratitude

### 6TH GRADE COMMON CORE STANDARDS

#### CCSS.ELA-LITERACY.RL.6.1

Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

#### CCSS.ELA-LITERACY.W.6.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

#### CCSS.ELA-LITERACY.SL.6.1.C

Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.

#### CCSS.ELA-LITERACY.SL.6.2

Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.

### 7TH GRADE COMMON CORE STANDARDS

#### CCSS.ELA-LITERACY.RL.7.1

Cite several pieces of textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

#### CCSS.ELA-LITERACY.W.7.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

#### CCSS.ELA-LITERACY.SL.7.1.C

Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.

CCSS.ELA-LITERACY.SL.7.2

Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.

**8TH GRADE COMMON CORE STANDARDS**

CCSS.ELA-LITERACY.RL.8.1

Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

CCSS.ELA-LITERACY.W.8.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

CCSS.ELA-LITERACY.SL.8.1.C

Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.

CCSS.ELA-LITERACY.SL.8.2

Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.



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## SOCIAL-EMOTIONAL RESOURCES

### SOCIAL-EMOTIONAL LEARNING

- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

### DAILY EMOTIONS CHECK-IN

Incorporate an emotional check-in with your students before each lesson or when needed. Emotional check-ins assist children with understanding their feelings and the feelings of others. Download and print our Zones of Regulation/Emotions Check-In located in the Teacher Portal or make a copy of the digital form.

### MINDFUL MINUTE

1 Timothy 1:7 (NKJV) says, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” It is easy for a student to get caught up in worry, stress, or distraction in class. But God has given us the ability to slow down, release our anxious thoughts to Him, and focus our distracted minds. You can take a moment to give your students room to calm their thoughts and bodies. Mindfulness aims to train the brain to slow down and focus. Choosing to end each lesson with a mindfulness activity can help students feel calmer, happier, and less stressed. It may seem silly initially, but the more they practice, the more they will improve at it.

Today you can lead your students through a breathing exercise. Instruct students to slowly breathe in through their noses and out through their mouths. Complete this exercise three more times.

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## ENHANCEMENT ACTIVITIES

Please find extension lessons and enhancement activities for this unit located in the Teacher Portal. Check back regularly, as our team is constantly creating new lessons.