

GMS SEL Lesson

11/17/2023

Only one can stay



edtomorrow

hot
coffee



iced
coffee



apple
cider



tea



hot
cocoa



Check-In

**WHICH TURKEY DO YOU FEEL
LIKE TODAY?**



Fabulous

Confused

Chillin'

Surprised

Annoyed



1



2



3



4



5



And now, a word from Student Council

Candy Gram Fundraiser

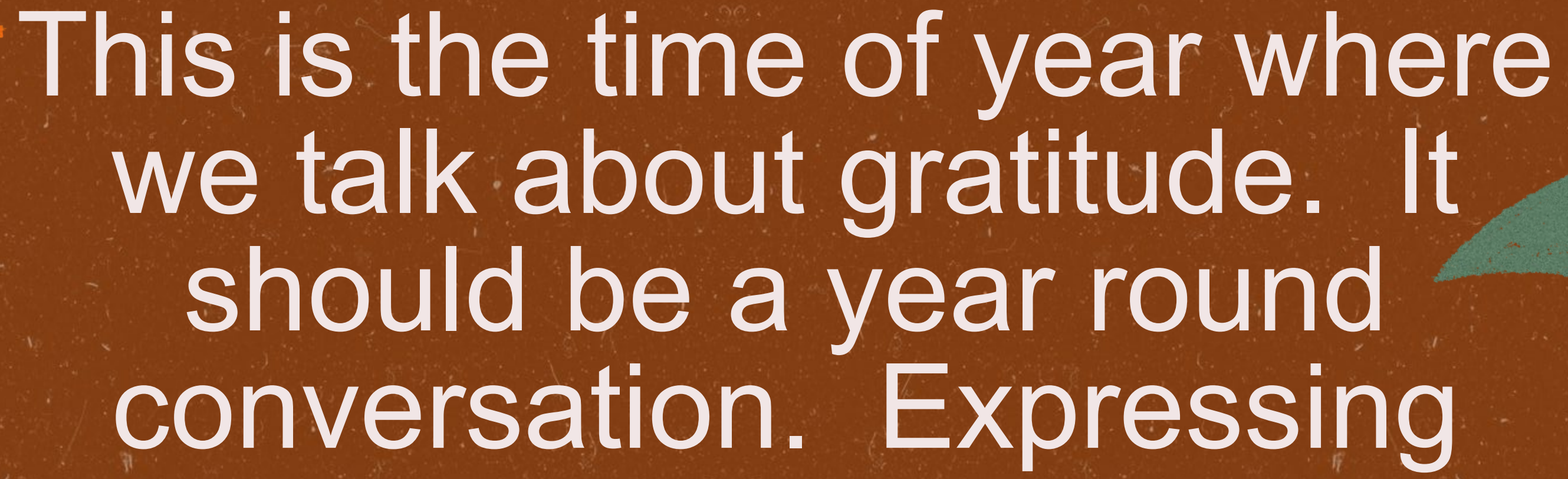
Price: \$2 for 1 \$5 for 3

By Student Council

Nov 27 - Dec 8 during Lunch
Deliver in EXCEL on Monday,
December 18


Send a candy cane and a
note to a friend or teacher
- a great way to spread the
friendship this holiday
season!





This is the time of year where we talk about gratitude. It should be a year round conversation. Expressing gratitude helps us (and the people we thank) feel good.

The next page has even more reasons why gratitude is good for us.



care solace

Gifts of Gratitude

Gratitude is like a superpower that unlocks hidden gifts.
Discover the awesome benefits you can gain by being grateful!

Increased Happiness

Gratitude has been shown to boost happiness levels.

Greater Resilience

You're better able to cope with challenges and setbacks.

Better Physical Health

It can boost your immune system and lower your blood pressure.

Improved Mental Health

It can help to reduce stress, anxiety, and depression.


Better Self-Esteem

You're more likely to feel good about yourself.

Stronger Relationships

When you express gratitude, you make others feel appreciated and valued.





We need to focus on the good in our world, rather than the negative. It doesn't mean the bad doesn't matter or isn't important. Its just that what we spend our time focusing on, listening to, watching, and doing becomes how we think. Check out the video below.



The background is a dark, textured charcoal grey. It is decorated with several stylized autumn leaves. In the top left corner, there is a red leaf. In the bottom left, there are red and yellow leaves, along with a small dark blue plant-like shape. On the right side, there are orange and yellow leaves. The text is centered in the middle of the image.

Check out this video on ways
to incorporate gratitude into
you daily life.

Choices

01

Write down three things in the room you are grateful for.

02

Gratitude Scavenger Hunt In Rounds

03

Gratitude Scavenger Hunt in Counselor BLEND

04

Gratitude Scavenger Hunt Padlet





Attitude is a little thing
that makes a big
difference.



Winston Churchill



**We are grateful for your
smiling faces.**

Have a wonderful break!

Want to see another video
about gratitude and sharing
thanks with others?

