

Seniors
May 23, 2017

Objective: Students share their plans for after high school with someone in their life who made a positive impact on their getting to this point.

Resources Needed for this Activity:

- Blank sheets of paper for each student
- Envelope for each student
- PowerPoint [**Acknowledging Others**]
- Video, "The Gratitude Experiment", four minutes 43 seconds. Available at www.youtube.com/watch?v=U5lZBjWDR_c or the AG video folder

Assignment(s):

Assignment	Standard(s)	Points	Assigned	Due
Acknowledging Others	CS.PM.04 Maintain regular attendance and be on time. CS.PM.05 Maintain appropriate interactions with colleagues.	5	5/23/17	5/23/17

Opening: 5 minutes - The advisor explains to students that because they are near graduation, they are going to use this advisory period to write a note of thanks or acknowledgement to someone who has positively influenced their life or their decision making about their postsecondary choice. They will start by viewing a video that explains how expressing gratitude can make you a happier person, and the advisor shows the video.

Activity: 20 minutes – Slide 2: The advisor explains that each student should think of someone who has had a positive influence on their decision making. This may be a teacher, a sibling, family member, youth leader, coach, caregiver, or anyone. The advisor may want to share an example of someone in their life who would fall into this category. The advisor reviews a few quick formatting tips for this friendly letter, including a few ideas about things they may want to include in the letter. The advisor notes that the students' letters are not going to be read by the advisor and they are intended as a way for the students to share their plans for after high school and acknowledge or thank the letter's recipient for their positive influence.

Closure: 5 minutes – Each student put his or her letter in an envelope and addresses it to whomever they are sending it to. Students can either mail it or deliver it themselves, or the advisor should offer for the school to get it to the person. Addressed envelopes can be dropped off at the main office to be mailed if needed.