

Concord Summer Experience



Activity Title	Gratitude & Affirmations	
Activity Overview	In this lesson, you will explore the art of journaling. You will explore noting down your thoughts, feelings and emotions and use them to compose a short letter of thanks to someone.	
Activity Steps	Notes	Resources
Journal page 1 Thank you to who?	Journal down a short list of people who you are thankful too. Rank them in order Choose the most important to you and maybe write a little note next to it as to why you are particularly thankful.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook ➤ Letter template
Journal page 2 Why are you grateful?	Think about why you are grateful to them, what did they do to or for you or a family member.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook ➤ Letter template
Journal page 3 How did it make you feel ?	How did the acts make you feel? List several emotions you remember feeling at the time.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook ➤ Letter template
Journal page 4 Importance of positive people in your life Why you are grateful to them.	Emphasise how important it is to have positive people in your life and how they shape our own personalities, thoughts, gestures, attitudes in society.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook ➤ Letter template
Letter template Consider your template and they correct form of a letter.	Using the template think about how you may set out the letter.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook ➤ Letter template
English Hits & Tips Structured paragraphs	Remind yourself about how to write an effective paragraph.	<ul style="list-style-type: none"> ➤ Paper ➤ Pen ➤ Notebook

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		➤ Letter template
Writing task Written letter	Complete a thank you letter in 30 mins and submit it online to be in with a chance of a great prize for the best letter.	➤ Paper ➤ Pen ➤ Notebook ➤ Letter template



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