

## PROHUMAN CURRICULUM - GRADE 7

### OVERVIEW OF UNITS:

Unit 1	September	Optimism
Unit 2	October	Grit
Unit 3	November	Gratitude
Unit 4	December	Curiosity
Unit 5	January	Courage
Unit 6	February	Compassion
Unit 7	March	Fairness
Unit 8	April	Understanding
Unit 9	May	Humanity

## UNIT 3: GRATITUDE

### LESSON 2: LEARNING GRATITUDE FROM A NONFICTION TEXT

#### SUMMARY:

The Prohuman Grade 7 curriculum is aligned to two sets of standards: [Common Core State Standards for English Language Arts](#) and [Character and Social Emotional Development \(CSED\) National Guidelines](#). The full collection of units introduces all nine of the prohuman character strengths: optimism, grit, gratitude, curiosity, courage, compassion, fairness, understanding, and humanity.

In Unit 3, Lesson 2, “Learning Gratitude from a Nonfiction Text,” students will learn about new research on the benefits of gratitude. Students will develop their reading comprehension skills by reading a nonfiction text and answering questions about the text. Additionally, students will develop their academic dialogue skills by discussing the book with classmates.

### **SUGGESTED TIME:**

- 1 class period to introduce the text; 1 class period to discuss the text; if desired, additional class periods can be devoted to in-class silent reading of the text
- Have students complete the following article either for in class silent reading or for homework: "[How Gratitude Changes You and Your Brain](#)" by Joshua Browne and Joel Wong. *Greater Good Magazine*. Published June 6, 2017.
- Students should answer the worksheet questions as they read the article.
- Allow at least 50 min of class time to have a class discussion of the article.

### **RELATED SUBJECT:** English Language Arts

### **LEARNING OUTCOMES:**

- Read a nonfiction text and demonstrate understanding of the central ideas
- Determine the author's purpose in the text
- Compose sentences that demonstrate comprehension of the word gratitude
- Write answers to questions about the article, demonstrating an understanding of standard English sentence structure and grammar
- Engage effectively in collaborative discussions about the article

### **REQUIRED MATERIALS:**

- Article: "[How Gratitude Changes You and Your Brain](#)" by Joshua Browne and Joel Wong. *Greater Good Magazine*. Published June 6, 2017.
- Video: [Hack Your Happiness: How learning gratitude is changing an Illinois middle school](#) by [Good Morning America](#) (~5 min)
- Prohuman Grade 7 Unit 3 Worksheet 2: Learning Gratitude from a Nonfiction Text

## ELA COMMON CORE STANDARDS MET

CCSS.ELA-Literacy.RI.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.RI.7.2	Determine two or more central ideas in a text and analyze their development over the course of the text; provide an objective summary of the text.	✓
CCSS.ELA-Literacy.RI.7.3	Analyze the interactions between individuals, events, and ideas in a text (e.g., how ideas influence individuals or events, or how individuals influence ideas or events).	✓
CCSS.ELA-Literacy.RI.7.5	Analyze the structure an author uses to organize a text, including how the major sections contribute to the whole and to the development of the ideas.	✓
CCSS.ELA-Literacy.L.7.2	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	✓

## CHARACTER AND SOCIAL EMOTIONAL (CSED) NATIONAL STANDARDS MET

Moral Character A7	List and explain the reasons why people sometimes do not express their appreciation and gratitude	✓
Moral Character B5	Provide an example of a time when you expressed your gratitude to someone beyond your family and friends	✓
Social-Awareness A6	Demonstrate awareness and understanding that despite differences, all people have similar needs, feelings and wants	✓

Interpersonal/ Relationship Skills A1	Recognize and monitor how your facial expressions, body language, and tone impact your interactions with others	✓
Responsible and Ethical Decision-Making A3	Write about and share a principle you want to live by that you learned from a family member, book, movie, or personal experience	✓

## LESSON PROCEDURE

### Step 1:

- Explain that we will be reading an article that discusses recent research on gratitude.
- Ask students how they define gratitude.
- Explain that we will watch a video about how gratitude changed an Illinois middle school. Play the video: [Hack Your Happiness: How learning gratitude is changing an Illinois middle school](#) by [Good Morning America](#) (~5 min)

### Step 2:

- Have students read this article for either silent in class reading or for homework: "[How Gratitude Changes You and Your Brain](#)" by Joshua Browne and Joel Wong. *Greater Good Magazine*. Published June 6, 2017.
- Have students answer the worksheet questions as they read the article.

### Step 3:

- Facilitate a whole-class discussion of the worksheet questions.

## **GRADE 7 UNIT 3 WORKSHEET 2: LEARNING GRATITUDE FROM A NONFICTION TEXT**

**QUESTIONS TO ANSWER WHILE READING THE ARTICLE “[How Gratitude Changes You and Your Brain](#)” by Joshua Browne and Joel Wong. *Greater Good Magazine*. Published June 6, 2017.**

- 1.) List and explain 2 reasons why some people do not express gratitude.**
- 2.) In the second paragraph of the article, what does the author say that many studies have found?**
- 3.) What is the problem the authors discuss in the third paragraph of the article?**
- 4.) In the research study the authors conducted, how many people did they recruit? Who were most of the participants?**
- 5.) What issue did most of the participants in the study struggle with?**
- 6.) What did the researchers assign each of the three groups to do?**
- 7.) In paragraphs 6 and 7 of the article, what did the researchers find?**
- 8.) What is the first of the four insights? What did the researchers find about the percentage of positive and negative emotion words?**
- 9.) What is the second of the four insights? What did the researchers find out about not sending the letters?**
- 10.) What is the third of the four insights? Why do the researchers think what they call the “positive snowball effect” may have occurred in their study?**

- 11.) What is the final insight shared by the researchers? What does the finding from the fMRI scanner suggest?**
- 12.) Provide an example of a time when you expressed your gratitude to someone beyond your family and friends.**