

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 3: WRITING A GRATITUDE LETTER

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 3, “Writing a Gratitude Letter,” students will write a letter expressing their gratitude to someone—such as a family member, friend, teacher, or coach—who has helped them. Research compiled by the [Greater Good Science Center at the University of California-Berkeley](#) has found that people who wrote gratitude letters reported significantly better mental health four weeks and 12 weeks after their writing exercise ended.

SUGGESTED TIME: 30 minutes

RELATED SUBJECT: English Language Arts

LEARNING OUTCOMES:

- Demonstrate comprehension of the word gratitude
- Write a gratitude letter to someone expressing appreciation for that person and what they have done

REQUIRED MATERIALS:

- Prohuman Grade 7 Unit 3 Worksheet 3: Writing a Gratitude Letter

ELA COMMON CORE STANDARDS MET

CCSS.ELA-Literacy.W.7.4	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	✓
CCSS.ELA-Literacy.SL.7.6	Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.	✓
CCSS.ELA-Literacy.L.7.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	✓
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

Performance Character A6	Describe a role model who demonstrates a positive attitude, effort, and grit	✓
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

- Explain that students will write a gratitude letter either in class or as part of a homework assignment.
- Research from many sources compiled by the [Greater Good Science Center at the University of California-Berkeley](#) indicates that feeling gratitude can improve your health and happiness; expressing gratitude also strengthens relationships.
- Explain that students will share their letters with three classmates for peer review.
- After peer review and revising the letters, students should give their letters to the person they thanked.
- To write the letter, follow the guidelines on the worksheet.

GRADE 7 UNIT 3 WORKSHEET 3: WRITING A GRATITUDE LETTER

- Think of someone who did something for you for which you are extremely grateful but to whom you never expressed your gratitude. This could be a relative, friend, teacher, or colleague. Try to pick someone who is still alive and could meet you face-to-face in the next week.
- Write a letter to one of these people as though you are addressing this person directly ("Dear _____").
- Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
- Describe what you are doing in your life now and how you often remember their efforts.
- If possible, deliver the letter to the person.
- To learn more about the benefits of writing a gratitude letter, see research compiled by the [Greater Good Science Center at the University of California-Berkeley](#).