

<b>1. Activity title</b>	<b>Gratitude Parachute Circle</b>
<b>2. Target group</b>	Ages 13-18
<b>3. Duration</b>	20 minutes
<b>4. Learning Environment</b>	Gym
<b>5. Learning outcomes</b>	To cultivate a sense of appreciation and encourage participants to express gratitude while engaging in a shared activity.
<b>6. Subjects and topics covered</b>	SEL Workshop
<b>7. SEL competences</b>	<div> <p><b><u>PERSONAL</u></b></p> <p>▲ Identifying and expressing emotions</p> <p><input type="checkbox"/> Self-regulation</p> <p><input type="checkbox"/> Identifying strengths/self efficacy</p> <p><input type="checkbox"/> Growth mindset</p> <p>▲ Wellbeing</p> <p><input type="checkbox"/> Dealing with negative emotions</p> <p><input type="checkbox"/> Flexibility/resilience/problem solving</p> </div> <div> <p><b><u>SOCIAL</u></b></p> <p>▲ Empathy</p> <p><input type="checkbox"/> Appreciating diversity</p> <p>▲ Relationship building</p> <p>▲ Collaboration</p> <p><input type="checkbox"/> Conflict resolution</p> <p><input type="checkbox"/> Ethical and responsible behavior and decisions</p> <p><input type="checkbox"/> Dealing with negative relationship such as bullying</p> </div>
<b>8. Method / Didactic techniques</b>	Gym game, self-reflection
<b>9. Tools / Materials / Resources</b>	1. Gym Parachute (appropriate size for the group, no handles) 2. Small pieces of paper 3. Writing utensils
<b>10. Detailed description of the step-by-step description of the activity /</b>	Through the use of a big gym parachute, participants will have an opportunity to reflect on what they are thankful for and share their gratitude with others.  1. Introduction:

<p><b>sequences of the units</b></p>	<p>a. Gather participants in the gym and introduce the purpose of the activity—to explore gratitude while enjoying a cooperative parachute experience.</p> <p>b. Explain that gratitude has numerous benefits and contributes to well-being and positive relationships.</p> <p>2. Setting Up the Parachute Circle:</p> <p>a. Lay the parachute flat on the ground in the center of the gym.</p> <p>b. Instruct participants to stand around the parachute, evenly spaced apart, and hold onto its edges.</p> <p>3. Gratitude Reflection:</p> <p>a. Distribute small pieces of paper or index cards and writing utensils to each participant.</p> <p>b. Instruct participants to take a few moments to reflect on things they are grateful for (in their lives or at the end of a shared experience, for example).</p> <p>c. Encourage participants to write one item of gratitude per piece of paper. They can be personal or related to others.</p> <p>4. Sharing Gratitude:</p> <p>a. Once participants have written their gratitude items, ask them to fold their papers and hold onto them.</p> <p>b. Explain that the parachute will be used as a platform to share gratitude.</p> <p>c. Instruct participants to lift the parachute gently, creating a low and even surface.</p> <p>d. Ask participants to place their folded gratitude papers onto the parachute, spreading them out.</p> <p>5. Cooperative Gratitude Activity:</p> <p>a. Instruct participants to lower the parachute slowly, keeping it balanced and level.</p> <p>b. Explain that, as a group, they will gently shake the parachute to create a wave-like motion, allowing the gratitude papers to mix and float.</p> <p>c. Encourage participants to maintain a cooperative effort, synchronizing their movements to keep the parachute and gratitude items in motion.</p> <p>6. Expressing Gratitude:</p> <p>a. After a few moments of shaking the parachute, ask participants to pause and hold the parachute steady.</p> <p>b. Instruct participants to release the parachute edges with one hand and use their free hand to pick up a gratitude paper from the parachute.</p>
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	<p>c. Participants should take turns reading aloud the gratitude item they picked up.</p> <p>d. Encourage active listening and supportive responses from the group.</p> <p>7. Repeat and Reflect:</p> <p>a. Continue the shaking and expressing gratitude process, allowing each participant to pick up and share multiple gratitude items.</p> <p>b. Once everyone has had several opportunities to share, bring the activity to a close.</p> <p>c. Facilitate a reflective discussion by asking participants questions such as:</p> <ul style="list-style-type: none"> <li>- How did participating in this cooperative activity impact your understanding of gratitude?</li> <li>- Did hearing others express their gratitude influence your own feelings of appreciation?</li> <li>- How did it feel to share your gratitude with others?</li> <li>- How can you incorporate gratitude into your daily life based on this experience?</li> </ul> <p>d. Summarize the key takeaways from the activity, emphasizing the importance of gratitude and its ability to foster connection and positivity.</p>
<b>11. Extension / Take home activity</b>	No
<b>12. Feedback &amp; assessment</b>	Key takeaways summarized by the teacher
<b>13. Intellectual property rights (IPR) / Origin of the activity</b>	CC Attribution-NonCommercial-NoDerivatives 4.0 International / Università Ca' Foscari Venezia