

Gratefulness Project



Activity 1: Warm up



- Are there any little things that make you feel happy? If yes, what are they?
- What kind of advice would you give someone who says s/he doesn't enjoy life?

Activity 2: Watch and discuss



Watch Hailey's talk. When the video stops, answer the questions.

Hailey Bartholomew: 365 grateful project, TEDxQUT

bit.ly/AT_video_gratefulness



Activity 3: Put the quotes in the right order.



- A. "I started to see things I wouldn't otherwise have seen"
- B. "I think the secret to happiness is reflection and gratitude".
- C. "The project has gotten me through such a hard time"
- D. "I see a life I'm incredibly rich and grateful for"
- E. "I was struggling to enjoy my life in any way"
- F. "I'd heard about this lady who was helping people with some counselling and kind of spiritual directions"
- G. "Take 10 minutes reflect through the day"

Activity 4: Complete the reporting phrases with the quotes above.



- | | |
|----------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Hailey said ... | <input type="checkbox"/> The nun encouraged Hailey ... |
| <input type="checkbox"/> Hailey admitted ... | <input type="checkbox"/> The nun told Hailey ... |
| <input type="checkbox"/> Hailey observed ... | <input type="checkbox"/> The nun advised Hailey ... |
| <input type="checkbox"/> Hailey realized ... | <input type="checkbox"/> Amy confessed |
| | <input type="checkbox"/> Amy wrote ... |

More reporting verbs:

www.ef.com/english-resources/english-grammar/reporting-verbs

www.perfect-english-grammar.com/reporting-verbs.html

Some practise:

www.ecenglish.com/learnenglish/lessons/reported-speech-and-reporting-verbs

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www.perfect-english-grammar.com/reporting-verbs-exercise-1.html

Your turn!



Activity 5: Make a list of at least 15 good things that happened to you ...

(e.g. in 2017, last year, last month, last week...)

1	6	11
2	7	12
3	8	13
4	9	14
5	10	15



Activity 6: Work with a partner. Compare your lists. Choose 3-5 items from your partner's list. Ask questions to learn more about what made him/her feel grateful.

What ...

Where ...

When ...

Why ...

Who ...

How ...



Activity 7: Discuss

- What do you share with your partner?
- Do you believe it's important to reflect on gratitude? Why? / Why not?
- In general what things make people feel grateful and happy?