



Practising gratitude

1. Read the following texts about gratitude and complete the tasks.

*You say **grace** before meals,
All right
But I say grace before the play and the
opera,
And grace before the concert and the
pantomime,
And grace before I open a book,
And grace before sketching, painting,
Swimming, fencing, boxing, walking,
playing, dancing;
And grace before I dip the pen in the ink.
Gilbert Keith Chesterton*

*We often take for granted
the very things that most
deserve our **gratitude**.
Cynthia Ozick*

***Thankfulness** is
the beginning of
gratitude. Gratitude
is the completion
of thankfulness.
Thankfulness may
consist merely of words.
Gratitude is shown in acts.
Henri-Frédéric Amiel*

*Cultivate the habit of being **grateful** for every
good thing that comes to you, and to give
thanks continuously. And because all things
have contributed to your advancement, you
should include all things in your gratitude.
Ralph Waldo Emerson*

***Appreciation** is a
wonderful thing:
It makes what is
excellent in others
belong to us as well.
Voltaire*

- Indicate which of these definitions describes how Chesterton uses the word *grace*:
 - Favour given in a free and voluntary way.
 - A short prayer in which he asks for a blessing and gives thanks.
 - Elegance or beauty in figures, forms or actions.
- What do you think Chesterton reveals about himself? Tick the options that you think are the most suitable and add other characteristics that you think the quote portrays.
 - He is a religious person.
 - He isn't very conscious of his actions.
 - He displays gratitude for the world in which he lives.
 - He hardly enjoys anything in life.

.....

.....



- Write three actions or events in your daily life in which you would act like Chesterton.

.....

.....

.....

- What importance do you think acting like Chesterton can have? How do you think it would change your life if you said a prayer of gratitude before some of the important things in your daily life?

.....

.....

.....

.....

- Have a group debate about whether you agree with Cynthia Ozick's statement. Work in three groups. Each group will defend one of these opinions using examples and experiences.

Group 1. Yes, we normally take for granted the things for which we should be most grateful, for example, our health.

Group 2. No. That might happen to some people, but it is more common that we all feel grateful every day for our lives, health etc.

Group 3. Yes, we usually take for granted the most precious things, but on occasion, we realise their value. For example, after an accident.

- Do you agree with Henri-Frédéric Amiel's quote? Give examples of situations in which appreciation is expressed verbally, but no signs of gratitude are shown and vice versa.

For example: *You don't realise that a neighbour is walking behind you and you don't hold the door open for him. He thanks you in order to point out your mistake.*

.....

.....

.....

.....

.....



- What general reason does Emerson find as to why we should show our gratitude for the good things that happen to us?

.....

.....

- Can we feel grateful for things that are apparently bad? Write one reason why we could feel grateful for each of the following situations.

For a failed exam. *We can feel grateful because by failing an exam we are taught the importance of passing it and that it requires an effort.*

For a nightmare	
For an argument at home	
For a disappointing romance	
For ...	

.....

.....

.....

- What does Voltaire's quote mean? Explain its meaning with an example that you develop yourself.

.....

.....

.....

Emotional competences:
Develop the ability to self-generate positive and negative life emotions. Control basic social abilities: show gratitude.

2. Read the note that Judit wrote to Sandra and respond to her questions.

Sandra,
I'm so glad that you invited me to have lunch at your house last Saturday. I really enjoyed the time we spent together. As you already know, I've been a bit sad since my mother died and being able to chat and share a few laughs with you has been a big comfort.
You really are a great friend.
Judit

- Why is Judit sad?
.....
- What did Sandra do for Judit?
.....
- Did this help Judit?
.....
- Do you think the note displayed gratitude?
 - No, given that Judit doesn't say the words 'thank you' at all.
 - No, because there is nothing to be grateful for in Sandra's behaviour.
 - Yes, although she doesn't say the words 'thank you', Judit lets Sandra know that she is very grateful for Sandra's invitation to lunch.
- Now complete a list of actions that other people have done for you, or thoughtful gestures they have had, for which you think are worthy of expressing your appreciation.
During the last week

My parents ...	
My best friend...	
A neighbour...	
A teacher...	
Others...	



- Now, choose two items from your list and write two messages of gratitude, similar to the one that Judit wrote. You should show that you appreciate what they have done for you, but without using the words ‘thank you’, ‘appreciation’, ‘gratitude’, ‘grateful’, ‘appreciate’.

.....

.....

.....

.....

.....

.....

.....

.....

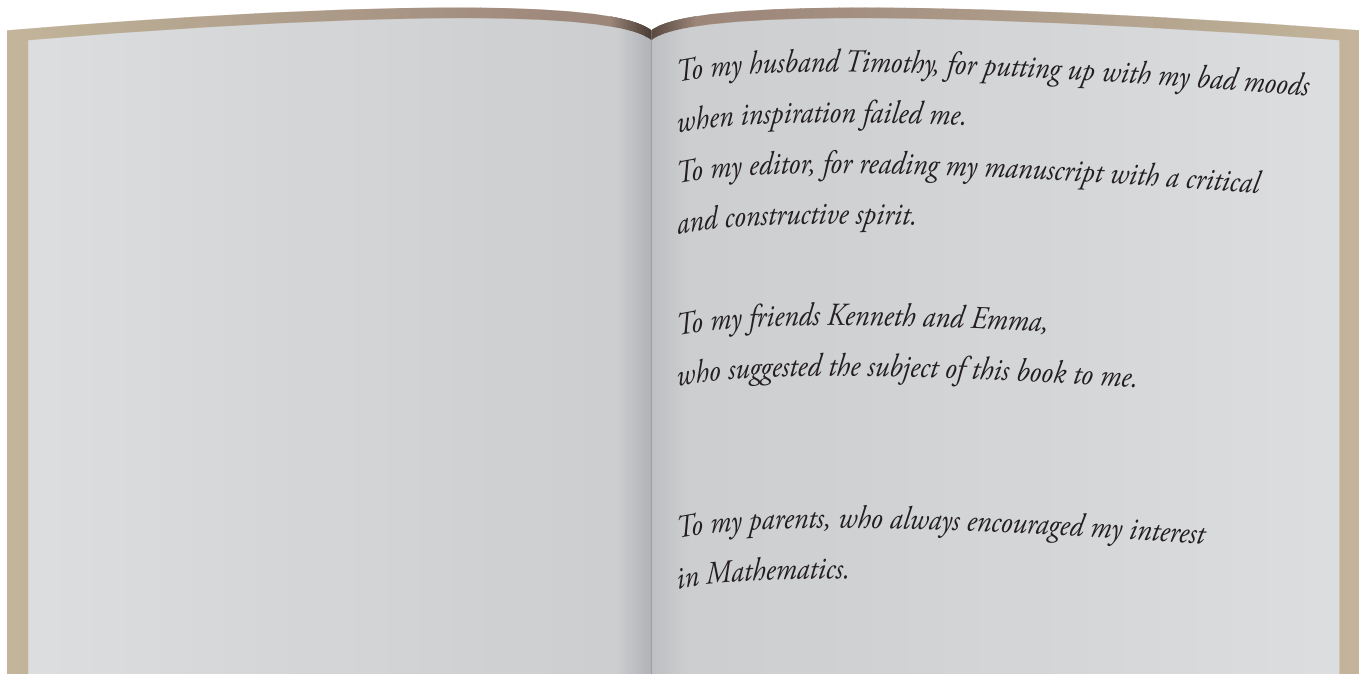
.....

.....

3. There are non-verbal ways of saying thank you. How could you say thank you to these people? Look at the example and write.

An author to a bookshop owner who is invited to do a presentation in the bookshop.	<i>He/she can give him/her a signed copy of his/her latest work.</i>
A husband to his wife for having done a lot of domestic work in the house during that week, as he had been ill.	
One sister to another for having lent her the car for the weekend.	
A footballer to his trainer, for having dedicated extra hours during the week.	
A student to a teacher who has written him/her a letter of recommendation for a grant.	

4. In some books one can find an acknowledgements page, where the author thanks people that have helped him/her during the process of conception and creation of the work.



- Think about any success that you have had in your life or one that you would like to have. Write a few words of appreciation in the style that you have seen above, expressing your gratitude towards the people that are most important to you and have influenced your development as a person.

.....

.....

.....

.....

.....

.....

.....

.....

.....

Emotional competences:
The ability to enjoy one's personal well-being. To contribute to the well-being of others.