



Hatch Discussion Guides suggest questions and exercises to promote critical thinking around media literacy, digital citizenship and social issues. Rather than impose specific points of view, the guides are designed to provide parents and educators the tools to facilitate discussions on complex issues.

HATCH WORKSHOP DISCUSSION GUIDE: THE #THANKLIST

WORKSHOP MISSION:

- To give parents and educators the tools to help #GenSTEM and #GenZ define and understand thankfulness. Visit [need article URL] to watch the Hatch video.

KEY TAKEAWAYS FOR PARENTS & EDUCATORS:

- Learn how to hold open discussions about thankfulness.
- Help empower your child with gratitude as a member of a community.

BACKGROUND:

To make this workshop on thankfulness concrete, SheKnows Media’s #HatchKids teamed up with American Greetings and examined gratitude and thankfulness by hosting a dinner to honor those to whom they were thankful.

DISCUSSION STARTERS & QUESTIONS:

Ground your discussion with the useful resources and statistics we’ve compiled. Please reference the key terms below and links throughout for additional discussion support.

Key Terms for Discussion:

DEFINING THANKFUL:

- Glad that something has happened or not happened, that something or someone exists, etc.; of, relating to, or expressing thanks.¹

DEFINING GRATITUDE:

- A feeling of appreciation or thanks.²

These concepts are multifaceted. In that vein, we have compiled the following resources to deepen understanding for tweens and adults:



RESOURCES SURROUNDING UNDERSTANDING THANKFULNESS AND GRATITUDE

- #ThankList, <http://www.thanklist.com/create>
- Attitude is everything, so pick a good one, https://www.youtube.com/watch?v=SCdZWvB_5dM
- The Today Show, <http://www.today.com/news/get-grateful-20-ways-teach-kids-gratitude-tots-teens-1D80297963>

Discussion Topics:

Defining thankfulness and its intersectionality with gratitude is essential in setting the groundwork for this discussion guide. Use the following questions, discussions and research to help make the concept more concrete:

RESEARCH SURROUNDING GRATITUDE

- According to a study in *Personality and Individual Differences*, gratitude improves physical health, and grateful people experience fewer aches and pains and report feeling healthier than other people.³
- According to a study in *Emotions*, acknowledging other people's contributions can lead to new opportunities.³
- According to a study for the University of Texas Health Science Center, "A growing body of research shows that gratitude is truly amazing in its physical and psychosocial benefits."⁴

Questions to consider:

1. What does it mean to be thankful?
2. Who are you thankful for? Why?
3. What makes them special?
4. Do you think they know that they're special to you?
5. Who do you think is thankful for *you*?
6. What are you most thankful for about your parents? Why?
7. How often do you say "thank you"?
8. How do you celebrate being thankful?
9. How do you show the people in your life that you are thankful for them?
10. How often do you do this?
11. Do you do this every day?
12. Should you do this every day?
13. How can you do this every day?



ACTIVITY – Creating a Thankful Dinner:

This workshop will take approximately 6 hours, depending on the participation level of your child/student.

Activity Background:

Our goal is to have the children create a dinner and #ThankList to honor those in their lives for whom they are thankful.

Activity Description:

This activity creates a tangible way to explore thankfulness and gratitude.

Activity Materials:

You will need the following:

- A kitchen
- A range of family recipes. For this activity, we have chosen the following: [roast turkey](#), [kabocha soup](#), [biscuits](#), [roast seasonal vegetables](#) and [apple tart](#). These recipes serve 4. Adult supervision is needed!
- Cards in which the child will write their #ThankList.

Activity Step by Step:



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Step 1: Have your child/student make the turkey first.

Step 2: While the turkey is roasting, ask your child to create their #ThankList to write in their card. Remember, they will be sharing this with their family or group.

Step 3: Set the table for your guests.

Step 4: Now have your child/student make the tart.

Step 5: Now roast the kabocha. After it roasts, take it out to cool.

Step 6: Now roast the vegetables.

Step 7: As the vegetables roast, make the soup.

Step 8: Once the kabocha soup is made, make the biscuits.

Step 9: Plate the food, and join together at the table.

Step 10: Have your child share their #ThankList.

Step 11: Mail the cards to those who are not present at the dinner.

A FINAL QUOTE

“Anyone can do anything...”

~ #HatchKids

Sources:

1. Merriam-Webster, <http://www.merriam-webster.com/dictionary/thankful>
2. Merriam-Webster, <http://www.merriam-webster.com/dictionary/gratitude>
3. Forbes, <http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/>
4. The Huffington Post, http://www.huffingtonpost.com/ocean-robbins/having-gratitude- b_1073105.html
5. Simply Recipes, http://www.simplyrecipes.com/recipes/roasted_kabocha_squash_soup/
6. Simply Recipes, http://www.simplyrecipes.com/recipes/moms_roast_turkey/
7. Allrecipes, <http://allrecipes.com/recipe/9377/roasted-vegetables/>
8. Scratch This with Sandy, <http://scratchthiswithsandy.com/2014/02/11/20-minute-homemade-biscuits/>
9. Popsugar, <http://www.popsugar.com/moms/Apple-Pie-Kids-Can-Make-12216550-photo-12216550>

About Hatch:

Hatch was launched in 2014 in response to a SheKnows Media study that revealed moms often feel tense about their kids’ use and exposure to technology, understanding its benefits while also worrying about the digital footprint their children leave behind. Never before has a group of young people — #GenSTEM and #GenZ — come of age with the ability to create and share content at scale.

Hatch’s mission is to empower #HatchKids to use media and technology to express themselves in productive and positive ways. Emphasizing media literacy, digital storytelling and social issues, Hatch enables kids to create KidsSpeak content that is responsible and represents their unique perspectives. Education is a key component of Hatch. Parents and educators are invited to use the materials from Hatch workshops to facilitate discussions with their own teens and tweens.