CHOICE BOARD · GRADES K-12

Find your voice.

Choose a way to show who you are and what you are thankful for.



Grades K-2

Guide the class together. Includes a class poster, teacher guide, and student sheet.

Grades 3-5

Students choose on their own. Eight options, plus a square for their own idea.

Grades 6-12

Students choose on their own. Eight options, plus a square for their own idea.

> **"Gratitude begins with recognizing the value of who you are."**

Mekhi Hill, founder of The Better Days Project

Inspired by a conversation with Mekhi Hill, founder of The Better Days Project.
Read the interview at artsintegration.com.

THE INSTITUTE FOR ARTS INTEGRATION AND STEAM

Find your voice.

Pick one way to show what you love and what you are thankful for. Then put your dot on it.



Draw

what you love



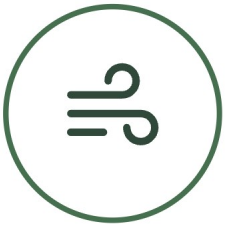
Act

a time you felt proud



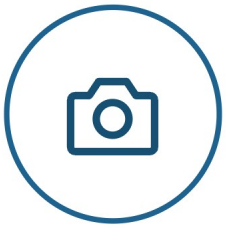
Sing

a calm song or beat



Move

stretch and breathe



Photo

things that feel good



My idea

you decide

TEACHER GUIDE · GRADES K-2

Find your voice, together.

A whole-class circle where students show what they love and what they are thankful for. Children choose one of six squares on the class poster, make something, and share it with the group.

TIME
About 25 minutes

GROUP
Whole class, then making time

YOU NEED
Class poster, sticky dots, paper, crayons

HOW IT RUNS

1. **Gather (3 minutes).** Show the class poster and name each square. Then say: Today we are going to show something special about ourselves, and there are six ways to do it.
2. **Model (5 minutes).** Pick one square and do it while you think aloud: I'm thankful for my dog, so I'm drawing her. Keep it quick and imperfect so children feel free to try.
3. **Choose and make (12 minutes).** Each child puts a sticky dot on one square, then makes it using the lines below. Early finishers can try a second square.
4. **Share (5 minutes).** In a circle, children show their work and finish one sentence: I made ___ because ___. Anyone can pass.

WHAT TO SAY FOR EACH SQUARE

Draw
Draw yourself and one thing you are thankful for: a person, a pet, a place, or a thing.
Need: paper, crayons

Act
Use a puppet or toy to show a time you felt proud. Tell what happened first, next, and last.
Need: puppets, toys, or hands

Sing
Make up a short song or beat that calms your body. Soft and slow works well.
Need: voices, hands, desks

Move
Make three slow moves. Breathe in as you reach up and out as you come down. Notice your chest.
Need: room to stand

Photo
Take three photos, or draw three pictures, of things that make you feel good.
Need: tablets, or paper and crayons

My idea
Tell me what you want to make, and we will find a way to do it.
Need: whatever the idea asks for

Thankful can be tender.
Offering a person, a pet, a place, or a thing means no child has to name a person. If a child shares something sad, thank them and keep the circle moving gently.

Support for K and 1.
Accept a drawing as the whole response, and write each child's words on the student sheet as they tell you. Grade 2 can add one written sentence.

Children choose what to share.
Anyone can pass or show only part of their work. The circle is for sharing, and nothing here gets graded.

STUDENT SHEET · GRADES K-2

My voice.

Name _____ Date _____

I CHOSE (CIRCLE ONE)



Draw Act Sing Move Photo My idea

MY PICTURE

TELL ABOUT IT

I made _____

I made it because _____

I am thankful for _____

CREATIVE CHOICE BOARD · GRADES 3-5

Name _____ Date _____

Find your voice.

Choose a square, or use the center for your own idea. Show who you are and what you are thankful for. You decide how much of your story to share.

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> Mekhi Hill, The Better Days Project

CREATIVITY

Symbol self-portrait

Make a portrait of yourself using only shapes, colors, and symbols. Be ready to explain each one.

CREATIVITY

Map of what matters

Draw a map of people and places you are thankful for. Add a legend that explains your symbols.

STORYTELLING

Say it out loud

Write a short poem about a moment you felt proud. Perform or record it with your voice on purpose.

TECHNOLOGY

Your week in data

Track one thing for five days, like laughs or songs you hummed. Turn it into an artful bar graph.

YOUR CHOICE

Your idea

Have another idea? Tell your teacher what you'll make and which two subjects it connects.

STORYTELLING

Tell it in 60 seconds

Plan a 60-second video about someone you are thankful for, then film it or sketch a storyboard.

TECHNOLOGY

App for a friend

Sketch three screens of an app that helps a friend see their strengths. Label what each button does.

MINDFULNESS

Reset routine

Make a 20-second routine for stressful moments. Check your pulse before and after and compare.

MINDFULNESS

Calm-down soundtrack

Choose or create music that helps you feel calm. Explain what the tempo and volume do to your mood.

When you finish, write two or three sentences on the back: What did making this show you about yourself that you didn't expect?

CREATIVE CHOICE BOARD · GRADES 6-12

Name _____ Date _____

Find your voice.

Choose a square, or use the center to pitch your own idea. Show who you are, what you're grateful for, or what matters to you. You decide how much of your story to share.

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CREATIVITY

Symbol self-portrait

Portray yourself using only symbols, shapes, and color. Explain what five of them say about you.

CREATIVITY

Map of what matters

Map the people, places, and moments you're grateful for. Add a legend that explains every symbol.

STORYTELLING

Say it out loud

Write a poem about a moment that shaped you. Perform or record it, choosing your pacing on purpose.

TECHNOLOGY

Your week in data

Track one thing for seven days, like songs you replayed. Chart it so the graph works as art.

YOUR CHOICE

Your idea

Have another idea? Tell your teacher what you'll make and which two subjects it connects.

STORYTELLING

Tell it in 90 seconds

Tell the story of someone you're grateful for in 90 seconds. Film it or storyboard it, shot by shot.

TECHNOLOGY

App for a friend

Sketch three screens for an app that helps people see their strengths, and protects their privacy.

MINDFULNESS

Reset routine

Create a 30-second movement routine for when stress builds. Check your pulse before and after.

MINDFULNESS

Hard-day soundtrack

Pick or write music for a day you need to feel steady. Explain how tempo and volume shape mood.

When you finish, write two or three sentences on the back: What did making this show you about yourself that you didn't expect?