



Cultivating an Attitude of Gratitude

Topic(s)

Blessings, Gratitude, Thanksgiving, Thankfulness, *Middot* (Values)

Grade Level(s)

All (adjust content to fit age level); This can also be used as a family project.

Goals for the Lesson/Activity

Students will be able to...

- Understand the origin of the tradition of saying 100 blessings a day
- Look for aspects of their lives where they can be thankful and show gratitude
- Write/say 100 blessings to express their thankfulness

Materials needed

- *One Hundred Blessings* worksheet (available on www.Jteach.org)

Description of Activities

Introduction

Ask students to think about blessings that they know of and/or say on a regular basis. Why do we say blessings? What words do we use to say “thank you” in a blessing?

Exploration

Share the background for saying 100 blessings in a day:

Rabbi Meir teaches in the Talmud (*Menachot* 43b) that we should make 100 blessings each day. He learns this idea from the verse that begins “And now *Yisrael*, what (*Mah*) does *Adonai* your God ask from you?” (Deut. 10:12). Rashi explains that Rabbi Meir means that we should understand the verse to read “*Meah*” (100) instead of “*Mah*.” In other words, “And now *Yisrael*, God asks 100 from you.” Since the verse continues that God wants us to be in awe of God, to love and to serve God with all of our hearts and souls, we understand the “100” to be 100 blessings that show our awe and love of God.

Questions to Explore

- We often speak of things being awesome. Where does the word awesome come from? Why use the word “awe” when talking about God?
- What are the things for which you want to thank God? How do you show your awe and love of God?
- Think about all the things that happen during your day. When during the day can you be more mindful of gratitude and being thankful?

Application

With a parent or partner, ask students to list 100 blessings. Refer to ideas developed/brainstormed in the Exploration section. You can also try suggesting categories or themes for sets of 10 blessings. Encourage students to think expansively and beyond menial things. This activity can also be sent home to do as a family around the Thanksgiving table.