



THANKS FOR KEEPING OUR GLASS HALF FULL!

Dear Educator,
With so much uncertainty in the world this year, now is a great time to help your students be thankful for the good things in their lives. That's why got milk? created *Glass Half Full News*, an online news series with a freshly positive perspective from kids — like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk.

To extend this positivity into the classroom, got milk? is teaming up with the curriculum specialists at Young Minds Inspired to help you blend social-emotional learning with language arts by motivating your students to look for the positive and express gratitude to family, friends, and community members who support them.

Thanks for Keeping Our Glass Half Full includes classroom activities you can tailor to your class needs and a take-home activity for students to complete with their families. Plus, in January, we'll be adding new activities to ymiclassroom.com/glass-half-full to support your students' learning skills and promote positivity.

We hope that you will share this program with other teachers at your school. And please let us know your thoughts about the program by visiting ymiclassroom.com/feedback-glass-half-full. We look forward to your comments and suggestions.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

TARGET AUDIENCE

Students in grades K-2 and their families

PROGRAM OBJECTIVES

- Promote social-emotional learning competencies
- Provide practice with English language arts skills
- Help students and families focus on the positive

PROGRAM COMPONENTS

Visit ymiclassroom.com/glass-half-full for:

- This one-page teacher's guide
- A reproducible family activity
- Standards alignment chart
- A feedback form
- Video links

HOW TO USE THIS PROGRAM

Make copies of the family activity sheet to distribute to students to take home, or post it on your web page or in your email communications to parents and caregivers, and have students complete it with their families at home. Introduce the activity in class and use the ideas below to extend the learning. Refer to the standards at the link above regarding alignment with Common Core State Standards and CASEL competencies.

Family Activity IT'S GREAT TO BE GRATEFUL!

Before distributing the family activity sheet, ask students what comes to mind when someone asks, "Is your glass half empty or half full?" Explain that this is a figure of speech and not a question about a real glass of milk! When someone says their *glass is half empty*, they are focusing on what they do not have. When someone says their *glass is half full*, they are focusing on what they do have. Tell students that this is a way of choosing to focus on things that are good, even when times may be difficult or they may be sad about something. Remind students that it's ok to feel sad, but finding the good can help lift your spirits.

Share some examples with students.

- Glass half empty: It is partly cloudy outside.
- Glass half full: It is partly sunny outside.
- Glass half empty: We cannot play with our friends.
- Glass half full: We can spend more time with our family.

Invite students to share examples of their own and guide them to reinforce the positivity.

Explain that being thankful is the same as being grateful, and being grateful can help you feel good! Plus, showing gratitude can help the person receiving your thanks see the positive as well.

Have students complete the activity sheet at home with parents, caregivers, and/or other family members. Explain that they are going to work with their families to create a message of gratitude or thanks to someone who has helped them or their community, especially helpers who have supported their family during the coronavirus pandemic or wildfires. Encourage students to have their families deliver their messages in person or by email, and to take a photo of their message to share with the class. You can display the students' messages on a bulletin board or in a hallway, and post a photo of the display on your school website. Or combine the messages into a PDF book to post on the school site.

CLASSROOM ACTIVITIES

- If your classes are meeting in person, encourage students to create messages of thanks to post on a "Thanks for Keeping Our Glass Half Full" classroom gratitude wall or hallway bulletin board. Invite other classes to join you.
- If your classes are meeting remotely, have students share a picture and sentence describing someone or something they are grateful or thankful for. Older students might be challenged to create a short poem to show their thanks.
- Watch episodes of the *Glass Half Full News* at ghfnews.com with your students. Discuss the episodes as a class, then ask students to brainstorm a list of stories they would put on the news show. Write a story together, or have older students write their own news stories.

RESOURCE LIST

- Glass Half Full News: ghfnews.com/
- YMI Mini-Site: ymiclassroom.com/glass-half-full
- Got Milk: gotmilk.com
- PBS: Practicing Gratitude at Home: pbs.org/parents/practicing-gratitude
- PBS: How to Thank the Neighbors: pbs.org/parents/thrive/thank-you-neighbors



For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

THERE'S MORE COMING!

Visit ymiclassroom.com/glass-half-full
in January for additional activities to promote positivity.

got milk?

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IT'S GREAT TO BE GRATEFUL!

Dear Parents & Caregivers, With everything that's happening this year, the holidays are a great time to help your child focus on the good things in their lives. You can get started by watching episodes of *Glass Half Full News*, an online news series created by got milk? to provide a freshly positive perspective from kids — like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk!

Now, to extend this positivity into the classroom and the home, got milk? has teamed up with the curriculum specialists at Young Minds Inspired to create *Thanks for Keeping Our Glass Half Full*, a language arts program that encourages children to send a message of gratitude to someone who has helped them or their community, especially helpers who have supported their family during the coronavirus pandemic or wildfires.

Remind your child that when someone says their *glass is half full*, they are thankful for what they have. Being thankful is the same as being grateful, and being grateful can help you feel good! Plus, showing gratitude can help the person receiving your thanks see the positive as well.

Here's to seeing the glass half full!

WHAT MAKES YOUR GLASS HALF FULL?

Circle your choices and add your own ideas! Have each family member answer.

- | | | | |
|-----------------|----------------|---------------|---------------|
| family | friends | doctors | nurses |
| sun | stars | flowers | trees |
| dogs | cats | pets | birds |
| smoothie | chocolate milk | water | favorite food |
| delivery people | firefighters | train drivers | bus drivers |
| parks | neighbors | books | teachers |

Other: _____

SHOW YOUR THANKS!

As a family, create a message of thanks to someone (or an organization) who has worked to support you or your community this year. Try one of the formats below for your message. When done, share your message with the person or group you're writing to, and take a photo of your message to share with your class.

- banner
- poem
- video
- picture
- rap
- song

Who will you thank? _____

How will you show your thanks? _____



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As a family, check out *Glass Half Full News* at ghfnews.com. See how kids can put a spin on the ordinary to see the positive!