



Make and display a thank you sign for essential workers.

Art by Saphira, age 12, California, USA



Get Inspired

Quote

"My heroes are those who risk their lives every day to protect our world and make it a better place."

Sidney Sheldon

Fact

One of the top 5 ways to motivate essential workers is to promote a culture of reward, recognition, and appreciation



Shake It Up

Jog in place for 1 minute.

"I am grateful!"



Talk It Out

1. Who are some of our essential workers and how do you think they feel about working during the pandemic?
2. How do they protect us and take care of us?
3. How can we thank them?



Do It!

1. Make a thank you sign for an essential worker and display it or give it to him/her.
2. Show your finished sign on the camera and take a class photo of all the signs.
3. Say, "Thank you for your service" to essential workers when you are out with your family or caregivers.

Make and display a thank you sign for essential workers.

SEL Competencies

Relationship Skills

Social Engagement
Communication

Social Awareness

Empathy
Perspective-Taking

Responsible Decision-Making

Ethical-Responsibility

Timeframe

15 - 30 min

Materials Required

Construction paper
Crayons, colored pencils, or markers



Get Inspired

Quote

Invite a student to read the quote.

Fact

One of the top 5 ways to motivate essential workers is to promote a culture of reward, recognition, and appreciation! [Source](#): Scale Fusion



Shake It Up

Get your students moving. Invite them to do the following activity:

Ask your students to please stand to get their blood flowing. Have them jog in place for 1 minute. When they are done, have them say, "I am grateful!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Who are some of our essential workers and how do you think they feel about having to work during the pandemic?
2. How do they protect us and take care of us?
3. How can we thank them?



Do It! (individually + as a class)

Invite your students to do the following:

1. Have students make a thank you sign for an essential worker and display it or give it to him/her.
2. Have students show their finished sign on the camera and take a class photo of all the signs.
3. Challenge students to say, "Thank you for your service" to essential workers when they are out with their family or caregivers.