

Part 1. Look at the situations below. Do you usually say thank you here? How? Tell your partner.

Someone holds the door for you	A waiter brings your food	A colleague helps you with something
Someone gives you a compliment	Your mum or partner cooks for you	A driver lets you cross the road

Discuss:

- Do you say thank you in all of these situations, or only some?
- Are there times you forget to say thank you, even when you should?

Part 2. Choose one option in each pair. Explain your choice.

Saying thank you in person	or	sending a message or card?
A quick, simple 'thanks'	or	a longer, more heartfelt thank you?
Thanking someone immediately	or	taking time to do it properly later?
Saying thank you with words	or	showing it through an action or a gift?
Saying thank you often	or	only saying it when you really mean it?

Part 3. Read the statements. Which ones feel true for you? Explain why.

1. I sometimes forget to thank the people closest to me — because I take them for granted.
2. I feel uncomfortable when someone thanks me too much.
3. I find it easier to thank strangers than people I know well.
4. There is someone in my life I have never properly thanked.
5. I feel happier on days when I notice and appreciate small things.

Part 4. Discuss the following questions.

1. When was the last time someone said thank you to you in a way that really meant something?
2. Is there a person in your life who you feel doesn't say thank you enough? How does it make you feel?
3. Have you ever done something kind and not received any thanks? How did you feel?
4. Do you think people say thank you more or less than they used to? Why?

Part 5. Match each expression to its meaning. Then choose two expressions and use them to say something true about gratitude in your life.

A. to be grateful for something	1. deeply and sincerely felt, not just a polite or automatic response
B. to take someone for granted	2. to say something sincerely, not just because it is polite
C. to mean it	3. to actually speak the words, instead of only thinking or feeling them
D. heartfelt	4. to feel happy and appreciative because of something good in your life
E. overdue	5. something that should have happened a long time ago but hasn't yet
F. to say it out loud	6. to not appreciate someone because you are used to them always being there

Part 6. Look at the people below. Choose two that you think people often forget to thank. Discuss why.

- A parent who has always been there for you
- A teacher who changed how you think
- A friend who listened when things were hard
- A colleague who always helps without being asked

- Someone you see every day but barely notice — a cleaner, a driver, a security guard
- Yourself — for getting through something hard

Part 7. Gratitude looks different in different cultures. Discuss the questions below.

1. In your culture, when is it especially important to say thank you?
2. Are there situations where saying thank you too much can feel strange or even rude?
3. Do people in your culture show appreciation more with words, or with actions — food, gifts, helping?

Part 8. Do you agree, disagree, or partly agree? Explain your answer.

1. People say 'thank you' so often that it sometimes loses its meaning.
2. The people who do the most for us are often the ones we thank the least.
3. Saying thank you makes you feel better, not just the person you're thanking.
4. It is never too late to thank someone.

Part 9. Think of someone you are grateful to — someone you have thanked, or someone you never properly did. Tell your partner about them.

Think about:

- Who they are and what they did
- Why it mattered to you — then, and now
- Whether you said thank you at the time
- What you would like to say to them if you could

Reflection

Complete the sentences in your own words.

1. Someone I am grateful to right now is...
2. A thank you that is long overdue for me is...
3. One small thing I am grateful for today is...