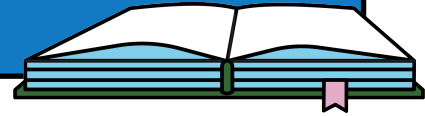


Days of Gratitude: A Curricular Framework



Days of Gratitude can be experienced in many ways:

Individuals can experience it as a self-reflective journey. Families and friends can partake in it as a unit, whether on the actual dates of the initiative, or at the Shabbat table. Congregations and communities can explore it together.

Yet, there's another way to experience Days of Gratitude:

Created and developed by a team of creative educators at M²: The Institute for Experiential Jewish Education, Days of Gratitude can serve as a powerful and immersive curricular framework¹ that can engage learners of all ages.

The theme for Days of Gratitude is "A Journey to Notice the Unnoticed," encouraging learners to elevate the mundane to the extraordinary: the sun's first rays spilling through your window, a clear night of glittering constellations, freedoms we take for granted, the people very close to us, as well as those we never see, or the opportunity to sharpen our mind and perspective.

Further, Days of Gratitude is inspired by the Jewish tradition of *Brachot* - blessings - primarily ברכות השחר - the daily morning blessings. As such, Days of Gratitude can serve as a powerful curricular framework for learning and exploring *Brachot* (blessings) in particular and *Tfilah* - Prayer - in general.

Here's how it works:

- Every month, starting in mid-December (Hanukkah), you will receive a set of activities and prompts that explore a different dimension of 'Noticing the Unnoticed'.
- These activities are split across three days - with up to six activities per day.
- Each day focuses on a different *Bracha* - blessing.
- In May 2021, Days of Gratitude will culminate in an international celebration of gratitude over seven consecutive days leading up to Shavuot: the festival that marks receiving and reclaiming of our Torah.

Below you can find the theme for each month's journey, as well as the specific blessings and their accompanying questions*, which we will be exploring each day.

¹ By 'curricular framework' we mean that educators can use the themes, arcs, guiding questions, activities and prompts developed by Days of Gratitude, and adapt them into a curriculum based on their setting and audience.



#gratitudedays

Days of
Gratitude

m²

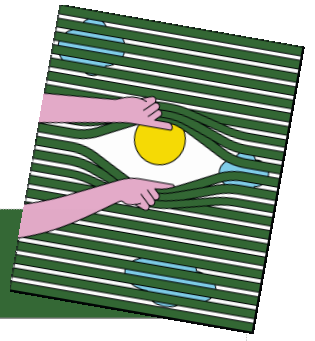
gratitudedays.com



December 13-15, 2020 | Hanukkah

Start to Notice

See the unseen and notice the unnoticed

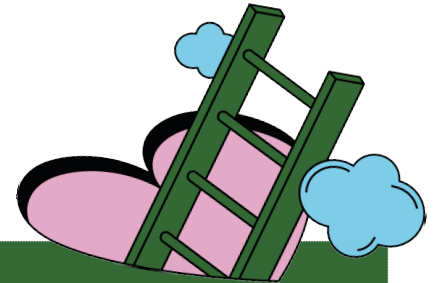


	Bracha (blessing) being explored	Guiding question
Day 1	Who opens the eyes of the blind	<i>*Introduce the theme of Noticing the Unnoticed, open our eyes to that which is not seen. In what scenarios are we "blind"?</i>
Day 2	Who gives the rooster the understanding to distinguish between day and night	<i>*What is the gift of distinguishing? What is the value in it? Can it be cultivated, learned? How is it related to knowledge?</i>
Day 3	Who directs the steps of humans	<i>*Where do we receive guidance from? What helps us in our path? What are the steps we take to realize a vision?</i>

January 17-19, 2021 | Tu B'Shevat

The Worlds Inside and Around You

Explore your internal and external environments



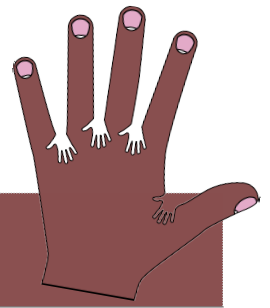
	Bracha (blessing) being explored	Guiding question
Day 1	Who has created me according to His will	<i>*How are we created in the image of God? What is Godly in human beings? What does it force us to notice? To do?</i>
Day 2	Who removes sleep from my eyes and slumber from my eyelids	<i>*On a very literal level- the blessing of sleep, renewal, self care, etc which enables us to be active, creative, sharp... And on a metaphorical level- what are the areas in our lives where we are sleeping? Where (and how) do we remove the sleep? Open our eyes?</i>
Day 3	Who spreads forth the earth above the waters	<i>*What are the relationships between earth and water, sky and land, rain, the natural world and our environment? How do we engage with the world around us? How does one element affect the other?</i>



February 14-16, 2021 | Purim

Recognize Human Need

Express gratitude for what you have. Respond to what others don't.



	Bracha (blessing) being explored	Guiding question
Day 1	Who straightens the bent	<i>*Who are the people in our society that are downtrodden? Bent over? Who needs to "stand up"? Who do we need to "stand up" for?</i>
Day 2	Who clothes the naked	<i>*Who is naked? Who does not have enough? What is our responsibility towards noticing them and "clothing" them?</i>
Day 3	Who has provided me with all my needs	<i>*Do we have all our needs? How do we get to a place where we feel our needs are fulfilled? What about those who do not have that sense of security?</i>

March 14-16, 2021 | Passover

Seek Freedom Through Strength

Access your freedom to support those still bound.



	Bracha (blessing) being explored	Guiding question
Day 1	Who gives strength to the weary	<i>*How does someone weary create change and find the strength to barge ahead? How did we, as a people, have the strength to create anew? What prices did/do we pay?</i>
Day 2	Who releases the bound	<i>*In what ways are we bound? Can bondage be positive? How do we enable others to be released from what is binding them? Who/what creates the bondage?</i>
Day 3	Who has not made me a slave	<i>*What is a slave? What makes someone free? How do we recognize our freedom? What responsibility does freedom hold?</i>



April 11-13, 2021 | Yom Ha'Atzmaut

Embrace Who We Are

Celebrate our people's strength for the betterment of all.

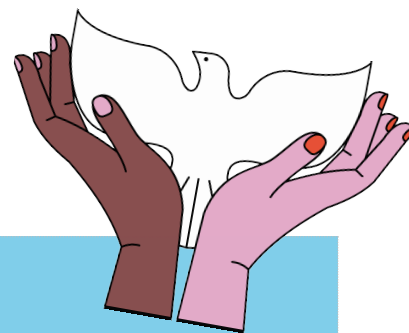


	Bracha (blessing) being explored	Guiding question
Day 1	Who girds Israel with strength	*What is the strength that Israel has? Needs? What comes along with strength and power? (Israel as a people and as a place). Is it strength or bravery?
Day 2	Who crowns Israel with glory	*What is glorious in our world? How do we "wear" that glory? In what ways are we regal? How do we ensure governance and power is glorious?
Day 3	Who has given us the Torah	*What is the gift of Torah? How does it fit into our lives? What is its role in our identity?

May 12-18, 2021 | Shavuot

Count Your Blessings

The Seven-Day Gratitude Finale



	Bracha (blessing) being explored
Day 1	For this is how it is in the world
Day 2	Who makes the works of creation/for His strength and power fill the world
Day 3	That a miracle happened to me (my ancestors) in this place
Day 4	Who remembers the covenant, and is faithful to His covenant, and keeps His promise.
Day 5	The wise one of secrets
Day 6	The Good and the Doer of good // the True Judge
Day 7	Who has kept us alive, sustained us, and brought us to this season.

*Note: Questions appearing in the third column next to the blessings throughout this document are meant to inspire the activities for the day; this is not necessarily the "final text" or language that will appear on the Days of Gratitude website.

