

Gratitude-Based Sustainability

Starting with wonder, not worry.

A three-session programme for Senior Cycle

ELIZABETH ZION · PILOTED AT LORETO COLLEGE
SWORDS

A three-session programme that takes senior students from noticing the world, to understanding what it asks of them, to choosing their own response.

WHY GRATITUDE

Most sustainability education starts with worry. GBS starts with wonder. Students act from love and a sense of calling rather than fear, guilt or obligation. The framework is published on the UN SDG Academy platform.

THE THREE PILLARS

1

REVERENCE

Recognising the value of things beyond their usefulness. Seeing the world as gift rather than resource.

2

RECIPROCITY

Understanding our relationship with the world. Gratitude that naturally moves us to give back.

3

RESPONSIBILITY

Believing that our choices matter. Acting as participants in the world, not passengers.

Three sessions, one journey

1

Finding Your Voice

ELIZABETH'S STORY • INTRODUCING GBS

Students reflect on when they have spoken up or stayed quiet, hear the story of the teacher who believed in Elizabeth, and meet the three pillars.

2

What You Notice. What It Asks of You.

REVERENCE AND RECIPROCITY • SAMPLE LESSON AVAILABLE

Students write about something in nature they love, trace the Invisible Hands behind a phone, and choose an action at three levels.

3

Responsibility

IF YOU HAVE WONDERED WHAT YOU CAN DO

Students weigh acting from fear against acting from love, meet three real portraits of responsibility, and write their own: Because I love ____, I am going to ____.

Each session runs 50 to 70 minutes. Book them as a set or on their own.

WHO IT IS FOR

Transition Year and Senior Cycle (4th to 6th year). Can be adapted for other year groups.

CURRICULUM LINKS

Senior Cycle SPHE: wellbeing, values and personal responsibility. Complements RE and Education for Sustainable Development.

FAITH DIMENSION

Draws on Christian scripture and the BLESS Goals. How much faith language is used is agreed with each school.

“

A VERY GOOD FIT FOR TY STUDENTS

SARAH BYRNE • TY TEACHER, LORETO COLLEGE SWORDS • RATED THE PILOT 5 OUT OF 5 ON EVERY MEASURE

WHAT YOU PROVIDE

Delivered in person or online. You provide a classroom with a projector, screen and sound, plus pens and paper. The class teacher stays in the room throughout.

SAFEGUARDING

Garda vetted through Balbriggan Presbyterian Church, September 2026. Child Safeguarding Statement available on request.

Book or ask a question: elizabethpzion@gmail.com • ElizabethZion.com • reply within two working days