

Name: _____

Date: _____

What is GRATITUDE?

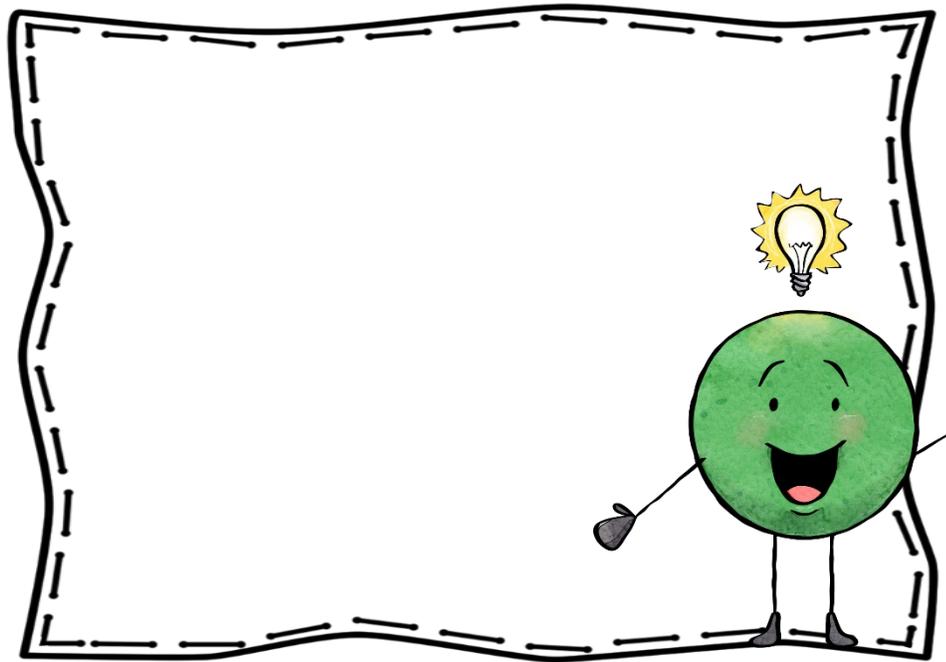


Gratitude means feeling thankful and appreciative for what you already have. By recognizing what we are grateful for, we can multiply our happiness and well-being. In some ways, it's just common sense. By focusing on the positive things in your life, you end up feeling better.

Gratitude isn't just being thankful for the big things in your life, though. It's about learning to notice all the little things that happen that you can be happy about, too.



Let's practice. Make a quick list of at least 3 things that you are thankful for today:



How do you think being grateful more often can help to improve your life?

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GRATITUDE a to z!



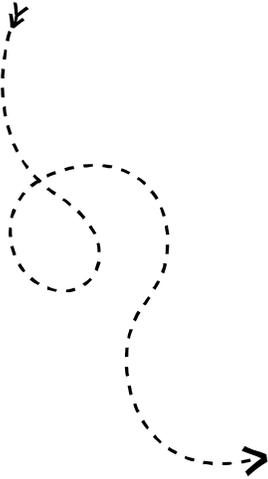
Use every letter of the alphabet to think of something you are grateful for!

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

GRATITUDE SLIPS



Pass a slip along to someone else to share your gratitude!



Thank you for helping me.

I'm grateful for who you are.

I appreciate what you did for me today.

Thanks for being extra kind to me.

I'm thankful for your sense of humor.

Thank you for all you have done for me.

Thanks for making me smile today.

I just wanted to say thanks for everything.

Thank you for listening to me.

Thanks for being there for me.