



# Gratitude

means thanks and appreciation. ...

When you feel gratitude, you're pleased by what someone did for you and also pleased by the results.

What are you grateful for?



What are you grateful for?



Write some of the things you are grateful for on your whiteboard.

We are going to write some of the things we are grateful for and fill our own "gratitude jars" that you can take home.



If you are ever feeling a bit sad or disappointed, you can read one of the things you are grateful for and hopefully it will make you feel happier.

