

GRATITUDE

**ESSENTIAL MEANING: A FEELING OF
APPRECIATION OR THANKS**

**FULL DEFINITION: THE STATE OF BEING
GRATEFUL: THANKFULNESS**

The Learner Will...

- ***Discuss the meaning of gratitude***
- ***Explore the importance of being grateful***
- ***Demonstrate ways to express gratitude***

Gratitude

What is it???

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have.

Gratitude is pausing to notice and appreciate the things that we often take for granted.

It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

Several words can be used to describe feelings of gratitude, like thankful, lucky, fortunate, humbled.

Gratitude

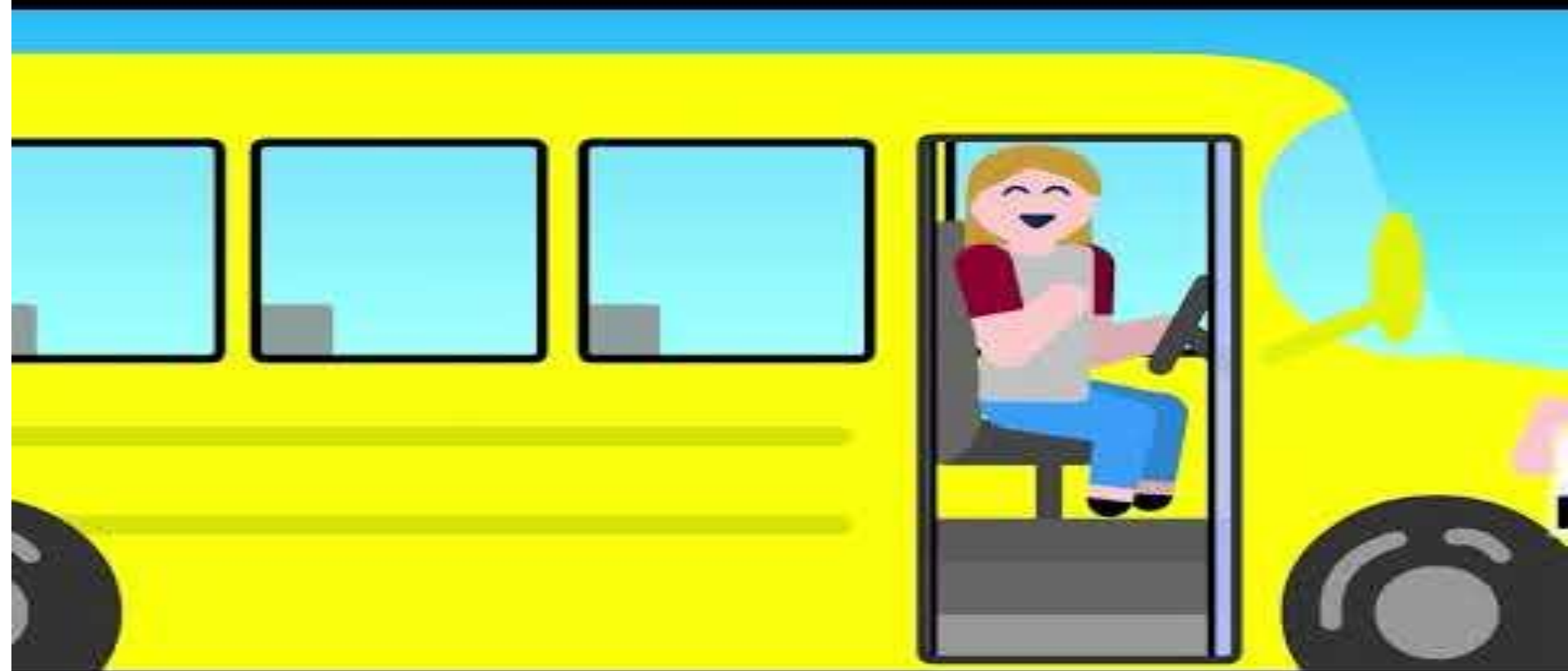
Why It Matters??

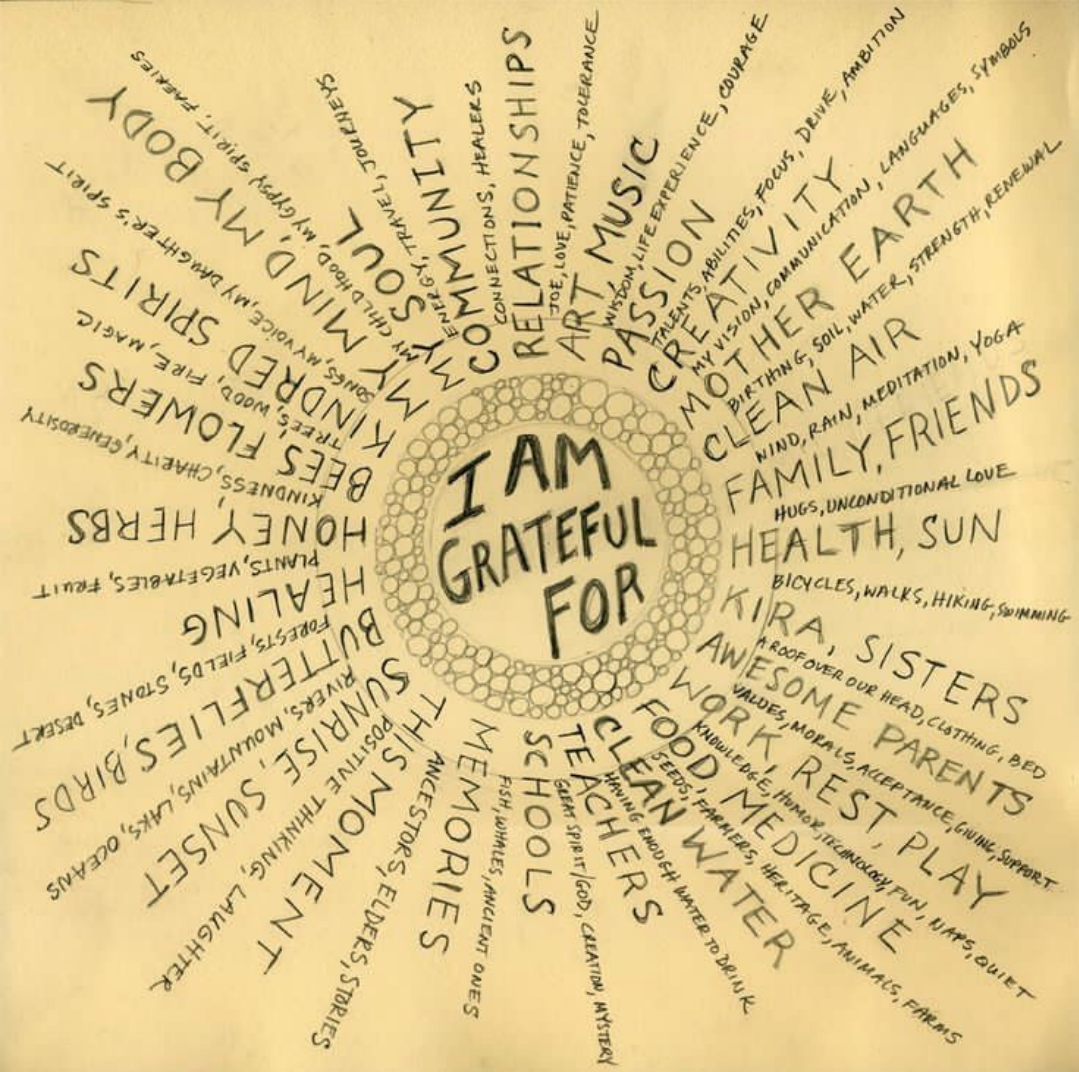
Brain research shows that positive emotions are good for our bodies, minds, and brains.

When we are grumpy, gratitude helps us remember the good things in our life.

Positive emotions balance out negative emotions. People who often feel grateful and appreciative are happier and less stressed.

Gratitude can lead to positive actions. When we feel grateful for kindness toward us, we may be more likely to do a kindness in return.





GRATITUDE ALPHABET GAME

For each letter of the alphabet, think of something you are thankful for that corresponds to the letter.

GRATITUDE TO GO!

In order to continue practicing this attitude of gratitude, go home this afternoon and sit down with a family member. See if you can come up with 30 things that you are grateful for on a sheet of paper.

