



Gratitude

... is a key to happiness.™

• being happy for what I have

Gratitude is a key to happiness.™



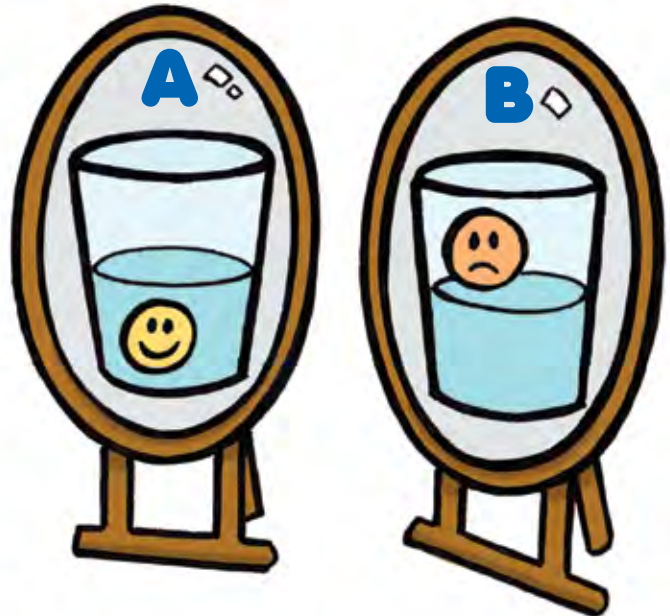
Cappie
the cup™

Activities:

1. Introduce gratitude with a video from TrueSuccessTools.org.
2. Discuss and trace definition above.
3. Discuss Object Lesson (see right).

Which attitude will you choose?

Circle one: **Mirror A**
Mirror B



Gratitude is like enjoying a drink.™

Just as you enjoy a drink more by being thankful for the drink you have, you enjoy life more by being thankful for the things you have.™

Showing gratitude at school.

Thank an adult for their help.



Discuss and color in the above. On a separate sheet of paper, draw or write how you show gratitude at school.

Showing gratitude at home.

Thank parents for your food and clothes.



Home Activity: Discuss and color in the above. On a separate sheet of paper, draw or write how you show gratitude at home.

My name is _____