



# Gratitude

... is a key to happiness.™

• being happy for what I have

Gratitude is a key to happiness.™



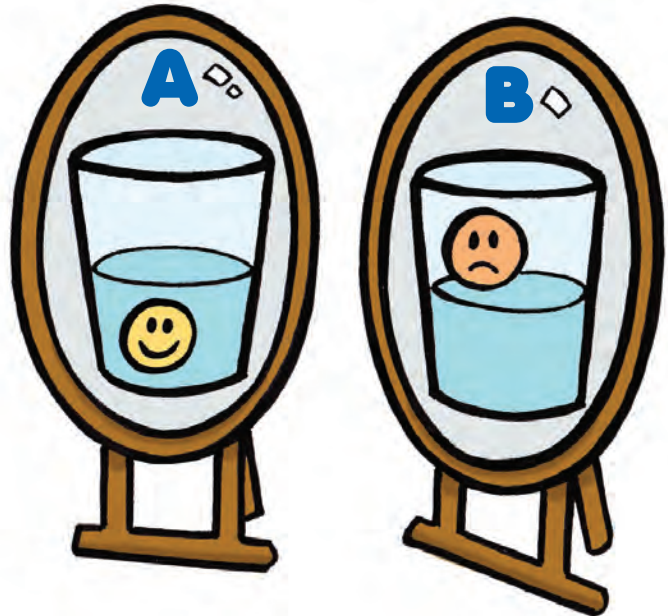
**Cappie**  
the cup™

### 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.

Tell others at school why you are thankful for them.



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.

Write a note telling a family member why you are grateful for them.



**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 \_\_\_\_\_