I am thankful for my family and the food I eat. I am thankful for my teddy bear and my sweet puppy. Being thankful is called gratitude. What do you have gratitude for?

My name ____________________________
Think about the things you love, and think about how they make you feel happy and safe. Now say, “Thank you!” Doesn’t that make you feel good? Gratitude makes you feel great!

What Makes You Feel Gratitude?

You can have gratitude for things, such as a book or toy. You can have gratitude for people, like your teacher or other helpers.

You can have gratitude for experiences, the things that you do or feel. Splashing in a gooey mud puddle on a rainy day is an exciting experience. Spending time cooking with a loved one is a special experience. You can have gratitude for fun and lovely experiences like those.

Why Gratitude Matters

When you feel gratitude, it makes you happy! Gratitude makes you feel good inside, and when you express your gratitude to other people, it makes them happy too! It lets people know you care.

Gratitude makes people feel important and loved. Gratitude is a great attitude!

—by Blair Rainsford
Three Ways to Show Gratitude

1. **Tell someone!**
   Are you grateful for people in your life? Tell them how you feel! It will make them so happy to hear it.

2. **Help someone out.**
   When you help people out, it shows that you care about them. You can help someone with a hard chore or job. The person will be thankful!

3. **Write about it.**
   Start a *gratitude journal*! Write about the things that make you feel gratitude. It will remind you of all the things that make you happy.

Go to our website to find writing starters for your own gratitude journal.