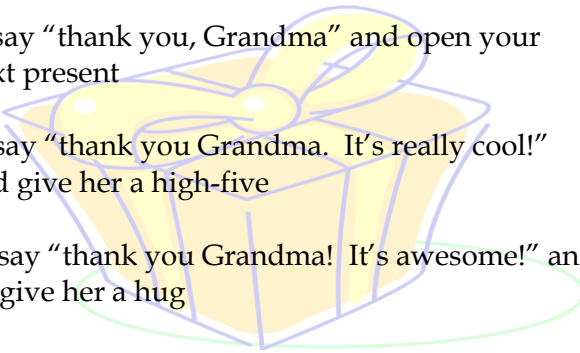
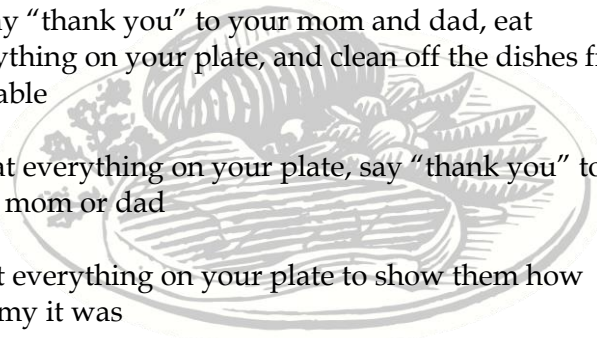


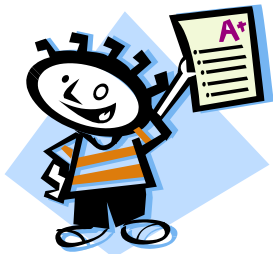
GRATITUDE is being thankful for the people and things in our lives, and showing appreciation for them. A lot of times, we can take the people and things in our lives for granted; when we're around them every day, we can forget to be grateful for them.

Every day for a week, write down at least five things you are grateful for that day:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
FRIDAY	SATURDAY	SUNDAY	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Knowing what we are grateful for can help us express our GRATITUDE for the people and things in our lives. Read the stories below, then choose how you think you would be the best way to express GRATITUDE in that situation

<p>If grandma gives you a really awesome birthday present!</p> <p>a) say "thank you, Grandma" and open your next present</p> <p>b) say "thank you Grandma. It's really cool!" and give her a high-five</p> <p>c) say "thank you Grandma! It's awesome!" and go give her a hug</p> 	<p>If your mom or dad makes you dinner at night</p> <p>a) say "thank you" to your mom and dad, eat everything on your plate, and clean off the dishes from the table</p> <p>b) eat everything on your plate, say "thank you" to your mom or dad</p> <p>c) eat everything on your plate to show them how yummy it was</p> 
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<p>If you get an 'A+' on a test at school!</p> <p>a) jump up and down, holding your test in your hand and say "I did it! Yeah!"</p> <p>b) jump up and down, holding you test in your hand and say "I did it! Yeah!" Then say "thank you" to your teacher for helping you learn what you needed to know to get that good grade</p> <p>c) breathe a sigh of relief that you didn't mess this one up</p>	
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