

**say it  
now**



# Gratitude

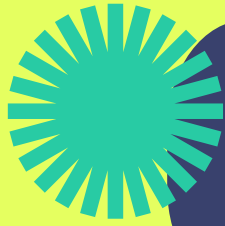
Being thankful and appreciating what you have and who you have.



## Discussion Questions

- 1.** *What are we thankful for?*
- 2.** *How does being thankful or grateful make us feel?*
- 3.** *Why is showing gratitude, which also means being thankful, important?*





## Take Action



- Take one minute to silently think of one person who you are grateful and thankful for. Write the sentence, “I am grateful to” and draw this relationship.
- Write or video record a short message of gratitude to someone who really makes you happy. Tell them what you like about them, how they make you feel and thank them at the end.

**“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”**  
*Randy Pausch*