



ATTITUDE OF GRATITUDE

★ What is gratitude? ★

Gratitude is when we think about what is good in our lives and are thankful for the people and the things we have.

If we make gratitude a habit, it helps us build better relationships, makes us happier and encourages us to be kind. A habit is something we do often or regularly.

Let's start to create an **ATTITUDE OF GRATITUDE!**

Write down everything you are grateful for today in the lists below.

People I am grateful for...

★ _____

★ _____

★ _____

Things I am grateful for...

★ _____

★ _____

★ _____

Great things that happened today...

