

**say it
now**



Gratitude

Noticing and appreciating the positive things in one's life.

Discussion Questions

1. *What does it mean to be grateful?*
2. *How do you show gratitude to yourself and others?*
3. *Why is it important to show gratitude?*



Take Action



- Take one minute to silently reflect on one person who you are grateful for. What have they done to make your life better? How have they supported you? How does it make you feel?
- Write a letter of gratitude to a person who has made a difference in your life. Tell them why you are grateful and why they're important to you! Share the letter with that person or with someone in your class.



Showing gratitude is one of the simplest yet most powerful things humans can do for each other.

Randy Pausch

