

Name: _____

Date: _____

What is Gratitude?

In your own words, what does it mean to be thankful?

How can showing gratitude make your life better?

This image shows a full page of white paper with horizontal black lines for writing. The lines are evenly spaced and run across the width of the page. In the upper right quadrant, there is a decorative graphic element. It consists of a series of overlapping orange and yellow banners or flags arranged diagonally. On these banners, the words "GIVE" and "THANKS" are written in a dark, sans-serif font. Small, stylized autumn leaves in shades of orange and brown are scattered around the banners, some appearing to be attached to them. The overall theme is Thanksgiving.



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Thankful List Challenge

Write down 10 things you are thankful for — big or small.

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a decorative graphic. It features the words "always be" in a small, brown, cursive font above the word "thankful" which is written in a larger, white, cursive font inside a yellow-orange leaf-like shape. Several colorful autumn leaves in shades of orange, red, and yellow are scattered around the central text.



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The Small Things That Matter

Think about one small thing in your life that you are thankful for—something you might not always notice, like a cozy blanket, a sunny morning, or your favorite snack. Write a paragraph explaining what it is, why it matters to you, and how it makes your day better.

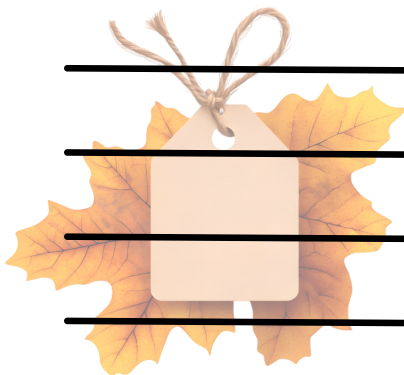
A decorative illustration in the bottom right corner of the page. It features a window with a wooden frame and light-colored curtains tied back. The window looks out onto a scene of autumn trees with yellow and orange leaves. On the windowsill, there is a small white pot with a plant. In the foreground, there is a large orange pumpkin and a wicker basket. A portion of a floral-patterned rug or blanket is also visible.

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If Gratitude Were a Gift

Imagine gratitude is something you could wrap up and give to someone. Who would you give it to, and what would it look like? Describe the “gift,” why you chose that person, and how giving gratitude can make both people feel.

[illegible]

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My Thankful Tree

Draw or write 5 “leaves” on a tree—each with something you’re thankful for.

