

# gratitude

**Being aware of and grateful for opportunities and good things that happen.**

People who are grateful recognize and show appreciation for others. They feel a sense of joy. Some people are even able to feel gratitude for life's problems because hard times can teach us about ourselves and the world. People who live in gratitude don't take things for granted; they recognize and show appreciation for their opportunities.

**Grateful children are appreciative. They say thank you for small and large gestures and gifts. They are often kind and generous because they appreciate the people and the opportunities in their lives.**



You can help children develop gratitude by modeling gratitude in your talk and in your actions. **Say thank you** for the small and big acts of kindness you receive each day.

**Discuss how you feel grateful** for different people and opportunities in your life.

You can **celebrate children's gratitude** by noticing when they say thank you or show appreciation by taking care of objects. Celebrate the way children take care of relationships **through kindness** and let them know that **gratitude is an attitude** that makes the giver and receiver feel joy.



MEETING STREET ACADEMY  
**PATH TO  
SUCCESS**

**People who are grateful live with awareness and appreciation for the opportunities in their lives. Grateful people are on the PATH TO SUCCESS.**