



How gratitude affects our attitude

Have you ever heard of the word gratitude? How about the expression being grateful? Having gratitude and being grateful are similar to being thankful. Most of us have had some experience with a special holiday in November where we talk about what we are thankful for. What does this make you think of?

Answer: _____ Hint: Turkey, Mashed Potatoes, Stuffing, Pumpkin Pie.



If you don't wake up everyday feeling happy, you are not alone. Being happy and feeling good is something we have to work for.

Being happy is usually a result of something good that happens or because of something we like. Many times adults call it cause and effect. On the next page, we will play a little game.

This exercise is called The Cause and Effect Game.

You will see an example of something (the cause) and then a blank line. Read the beginning of the sentence and do your best to think of how to finish the sentence(the effect). There are no wrong answers. Once you have completed these sentences, discuss with a partner or a friend to see if you had the same answers or different answers.

It is fun to play this game another way. This time we will give you the end (the effect) of the sentence and you will fill in the beginning(the cause). This is called the backwards game.

Did you know that YOU have the **power** to create happiness?

Sometimes in order to be happy we have to play the backwards game. There are a lot of good things that happen in our lives, but sometimes we just don't feel happy or feel good. Let's practice playing the backwards game to help us think about what is good in our lives and things we can be happy about.



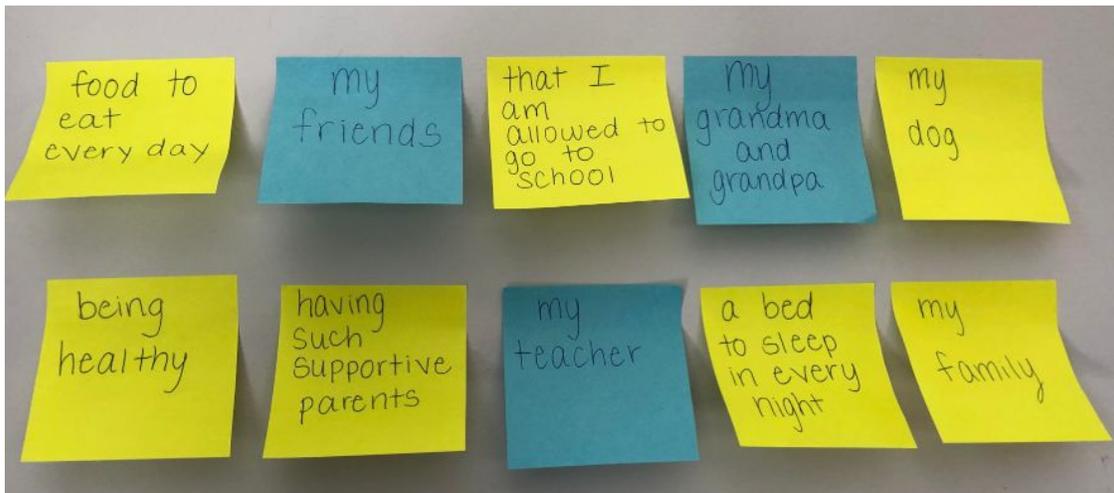
Cause and Effect Game

1. If I go outside without my shoes on but I still have my socks on _____.
2. If I water the flowers _____.
3. If I don't do my homework _____.
4. If I forget to brush my teeth _____.

The Backwards Game

1. _____ I will have friends.
2. _____ my mom or dad will be happy.
3. _____ I won't be hungry.
4. _____ I will have to wash my hands.

The Power to Create Happiness...Make a list of things you are grateful for!



1. _____ is something good in my life.
2. _____ makes me happy.
3. _____ makes me feel good.
4. _____ make me smile.
5. _____ is something I am grateful for.
6. Having _____ in my life makes me feel safe.
7. I feel cared for when _____.
8. Because of _____ I am OK.
9. I smile when I see _____.
10. _____ is something I could not live without.