

Picture Description Match

Follow the instructions to complete the activity.

NAME

DATE

Look at the pictures of people, objects, or actions associated with gratitude.
Write the letter for each sentence in the box beside the picture that it matches.



A

Practicing forgiveness



B

Being grateful for family members



C

Respecting your community



D

Doing something nice for someone



E

Being grateful at school



Using information found in *Gratitude*, verify whether the following statements are true or false. Check your answers in the book. If the answer is false, write the correct answer below the statement. List the page number where you found the information beside your answer.

Statement 1	<input type="text" value="Gratitude encourages forgiveness."/>	<input type="checkbox"/> True	Page Number	<input type="text"/>
		<input type="checkbox"/> False		
Statement 2	<input type="text" value="A busy, loud space such as a stadium can be the perfect place to develop mindfulness."/>	<input type="checkbox"/> True	Page Number	<input type="text"/>
		<input type="checkbox"/> False		
Statement 3	<input type="text" value="Being mindful means paying close attention to what has happened in the past."/>	<input type="checkbox"/> True	Page Number	<input type="text"/>
		<input type="checkbox"/> False		
Statement 4	<input type="text" value="Being aware of your own gratitude helps you be happier."/>	<input type="checkbox"/> True	Page Number	<input type="text"/>
		<input type="checkbox"/> False		
Statement 5	<input type="text" value="You can build gratitude by learning to be mindful."/>	<input type="checkbox"/> True	Page Number	<input type="text"/>
		<input type="checkbox"/> False		





Building Gratitude

Follow the instructions to complete the activity.

NAME

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Consider how you can build gratitude by answering these questions using your own words and examples from your own life.

1. Why do you think gratitude is important?

2. What are you grateful for at home?

3. What are you grateful for at school?

4. What are you grateful for in your community?

5. How can you encourage gratitude in others?



NAME

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Use the information found in *Gratitude* to fill in the missing words in each sentence.

1. Gratitude helps us feel closer and more to our families and friends.
2. When we experience , we sometimes feel discouraged.
3. Parents or other adults that care for us work hard to provide food, shelter, and other .
4. Gratitude is being aware of and thankful for the people, , and things in our lives.
5. Being aware of your own gratitude helps you be .
6. You can show your gratitude for your by respecting the natural world.





Write a Letter

Follow the instructions to complete the activity.

NAME

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After completing the activity on page 22, write a letter to someone expressing gratitude. What are you grateful for? How did it affect you? Why did it have this effect?



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

appreciate
basic needs
community
express
grateful

mindful
reflect
resources
respecting
social media

Your
Score is



%

1.

giving something or someone the attention it deserves

2.

to think back on something

3.

to feel or show thanks

4.

websites or applications where people share information and communicate with each other

5.

a group of people who live, work, and play in a place

6.

the things, such as food, shelter, and water, that a person needs to survive, or stay alive

7.

thankful or appreciative

8.

to state something aloud, in words

9.

supplies or support needed to do something

10.

describing someone who is attentive, aware, or careful of what is going on around them



1 What can remembering reasons why you are grateful for people help you do?

2 In which year was Pay It Forward Day invented?

3 What does being mindful mean?

4 What are some ways you can show your gratitude for your community?

5 How old was Taylor Swift when her first album came out?

6 Where did Pay It Forward Day begin?

