


+Gratitude: Younger Students

The November Character Trait of the Month

November is the month of Thanksgiving, so it seems like a perfect time to focus on thankfulness. Being thankful is about focusing on what's good in our lives and being grateful for the things we have. Please watch this video with an adult you like, so you can discuss the questions below.

 Practicing Gratitude (and 10 things I'm grateful for)

Discussion Questions:

- 1. This video says that “gratitude leads to happiness.” What are some reasons that being thankful might make somebody feel more joyful?**
- 2. What would be on your list of 10 things you're grateful for?**
- 3. Being grateful takes practice. Is there a daily time when you could remind yourself of the things you're thankful for, such as when you wake up or before you fall asleep? Is there someone in your family who might want to practice this with you?**