

"Happiness doesn't result from what we get, but what we give."

BEN CARSON

It's cool to be grateful



the
flappy
Confident
company

SHOWING GRATITUDE

Being GRATEFUL is not only about saying thank you, or showing our appreciation for something, it's also about thinking of all the good things we have in life, and finding way to share them with others so that they have a chance to experience feeling grateful themselves.

Can you find all the different words associated with feeling grateful below?



DONATE
TEAM
CARE
SMILE
LOVING

KINDNESS
EMPATHY
VOLUNTEER
FRIENDLY
CONSIDERATE

TASK
CHARITY
HELP
ACT
SHARE

GRATITUDE
THOUGHTFUL
SURPRISE
AFFECTIONATE
COLLABORATE

GRATITUDE MISSION

Are you ready for a gratitude mission? Time to think about all the things you might be grateful for in your life. They don't have to be big things, but they do need to be things that you'd like to share with someone else,

MY IDEAS....

What are some things you're grateful for that you could share with others?



WHAT ONE DO I WANT TO SHARE?

Write down the ONE idea that you're going to focus on.

WHY DO I WANT TO DO IT?

Why have you chosen this idea?

HOW AM I GOING TO DO IT?

How will you share it and who with? What's your plan?

WHEN I COMPLETED MY MISSION, IT MADE ME FEEL...

How did they respond to your mission? How did they behave? How did this make you feel?

