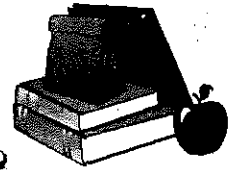


Thankfulness

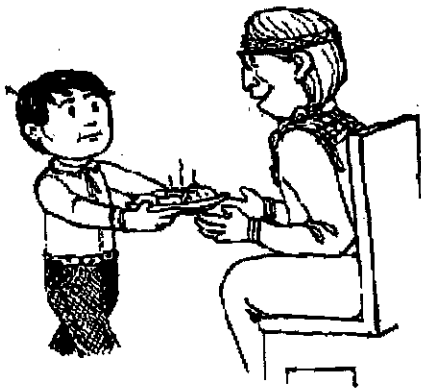


What is Thankfulness?

Thankfulness is being grateful for what you have. It is an attitude of gratitude for learning, loving, and being. It is appreciating the little things which happen around you and within you every day. It is having a sense of wonder about the beauty of this world. It is being aware of the gifts in your life.

Why Practice It?

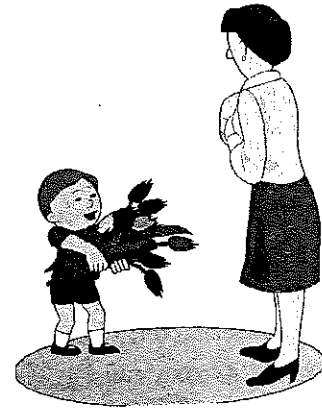
Thankfulness brings contentment. It helps you find the good things in whatever happens. Without thankfulness people can become negative. They wish things were different. They whine and complain when they don't have everything their own way. They envy other people. With thankfulness, we keep a positive outlook. We can see the good in our lives and in whatever happens.



How Do You Practice It?

Being thankful is appreciating the things you have and the people you care about. Show your appreciation when someone does something kind for you. Focus on the good things about your life and count your blessings often. Even when things go wrong, you can be thankful if you find the lessons to be learned. Let others give to you. Expect the best in every situation.

The Virtues Project



What would Thankfulness look like if...

- You feel sad and defeated because of your problems?
- You wish you were more like a popular person you know?
- You go for a walk in a place of beauty?
- Your mother does something kind for you?
- You worry that you don't have the right clothes?
- You are thinking about your day?

Signs of Success

Congratulations! You are practicing Thankfulness when you...

- Have an attitude of gratitude
- Are receptive to gifts
- Appreciate your own abilities instead of envying others
- See the difficulties of life as opportunities to learn
- Appreciate the beauty of this world
- Count your blessings every day

Affirmation

I am thankful for the many gifts within me and around me today. I appreciate my life. I look for the lessons. I expect the best.

Activities with Thankfulness



Gratitude Circle

Form a standing circle, and ask each person to clasp their hands together in front of them, arms straight, forming a "Gratitude Basket". Each person can speak or pass. To pass they just wave their basket toward the next person in the circle or say "Pass". Each person says, "In my Gratitude Basket, I have...(my best friend), (my puppy) or they can say "Something I am thankful for is...." This is an excellent way to end a school year or a camp session. It does not take long, since the boundary is that people only say one word or phrase.

Thankfulness Ice Breaker

Walk around the room and when you come to someone, ask "Marie, what are you grateful for?" Marie then asks you the same question. Move on to the next person, until everyone has shared with several others. Each time someone is asked the question, s/he needs to give a new answer.

Gratitude Journal

Each day write three things for which you are grateful.



Virtues Reflection Questions

- What relationships or people are you thankful for and what is it about them that you appreciate?
- Who would you like to thank? How would you like to thank them?
- What things in your life are you most thankful for?
- What is someone like who rarely, if ever, experiences gratitude?

- When is it hardest for you to be thankful?
- What would help you to be thankful at times like that?
- What are you most thankful for about yourself?
- Describe a difficult time in your life and name the lesson or virtue you learned from it.



Drawing Thankfulness

Make a poster or collage of things or people in your life for which you feel thankful.



Poster Points

- An attitude of gratitude.
- An optimist to the end.
- Look on the bright side.



Quotable Quotes

"Have an attitude of gratitude."
Alcoholics Anonymous Slogan

"For what has been – thanks! For what shall be – yes!" Dag Hammerskold

"Every morning, when we wake up, we have 24 brand new hours to live. What a precious gift!" Thich Nhat Han

"Normal day, let me be aware of the treasure you are." Mary Jean Iron

"We receive more than we can ever give."
Sir Thomas More

"The more we give, the more will come to us."
Peggy Jenkins