



# GRATITUDE

"Count your rainbows, not your thunderstorms." -Alyssa Knight (age 12)



## WHAT DOES GRATITUDE MEAN?

You are aware of and thankful for good things that happen.

## WHY DOES THIS MATTER?

Being thankful for what you have is something you can practice every day! Hug your friend, or tell them thanks for being awesome! They are important to you and letting them know this will make you both feel happy and energized.

