Gratefulness

In tough times it is important to remember all the things that we can be grateful for. Answer these questions and explain your answers.

1. Is there a person in your family that you are grateful for?
2. What happened in the last week that you are grateful for?
3. Think about all your talents and abilities. Which one of them are you most grateful for?
4. Think of something bad that happened. What did you learn from it?
5. What friend are you grateful for?
6. Name something silly that you are grateful for.