



GUIDANCE



May 18 - 22
Topic: Gratitude

Gratitude is one of many positive emotions that helps us think about what's good in our lives and be thankful for the things we have. Gratitude is stopping to notice and appreciate the things that we often take for granted, like having a place to live, clean water, friends, family, even computer access.

Gr. K-3

COUNT YOUR BLESSINGS - means thanking God for the simple, yet wonderful, things in your life. Try these optional activities below.

Please watch and listen to the attached Berenstain Bears video entitled, [“Count Your Blessings”](#). Colouring and drawing is a great way to create pictures of “thankfulness”.

Please click on the attached link entitled [“Thankfulness”](#), and if you are able, print the colouring sheet and colour the Berenstain family. If you are unable to print the colouring sheet, draw a picture of something you liked from the video or something you are thankful for.

Gr. 4-6

AN ATTITUDE OF GRATITUDE - Even when life gets tough, we can always thank God for the simple, yet important things in our lives. Try these optional activities below.

Please watch the attached video entitled, [“What is Gratitude?”](#) Now that you have a better understanding of the word gratitude, slow down your thoughts and get ready for some quiet reflection.

Please follow the voice prompts in the attached [Gratitude Meditation](#). Then print or draw the attached [Gratitude Tree](#), and fill in the leaves with the things that you are most thankful for in your life.

Gr. 7-8

THANK YOU - Thanking God for the simple blessings in our lives, helps us to better cope with difficult times. Try these optional activities below.

After watching *Kid President's* inspirational video entitled, [25 Reasons to be Grateful](#), please use your own personal photos to reflect on different times in your life that gave you a feeling of gratitude. Think about how you are able to show the people in your life that you are grateful for them and why it is important to do so. Share your findings and your feelings with a member of your family and/or write them in a journal or notebook.