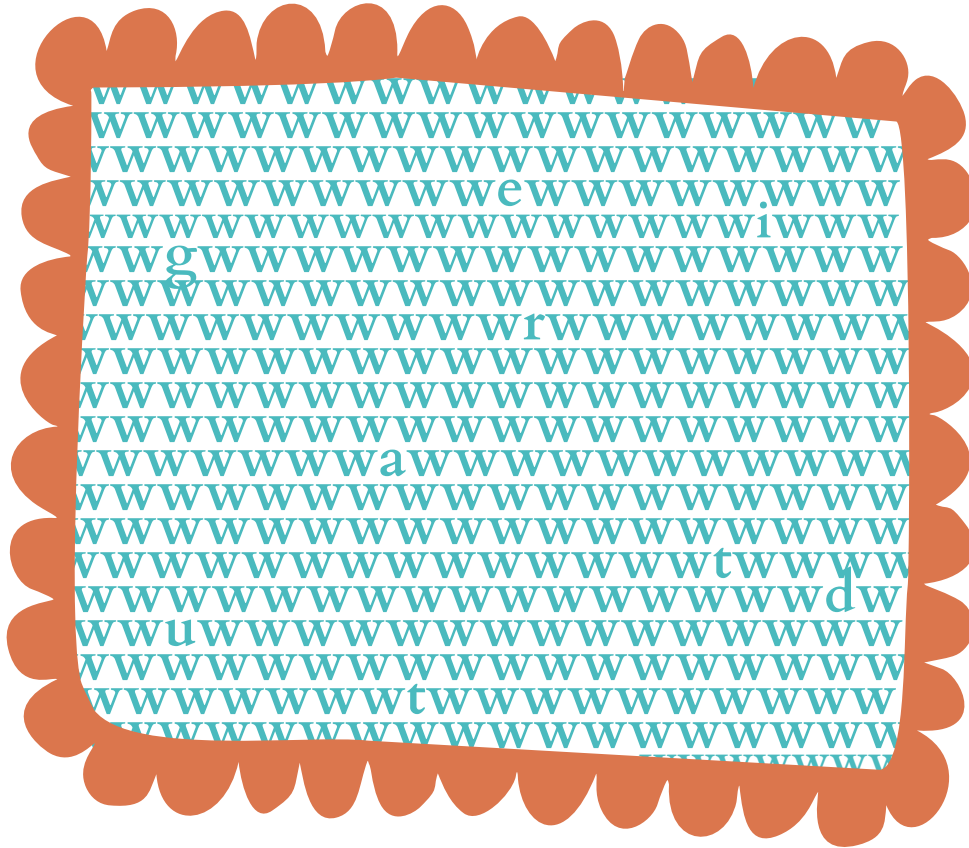


WHAT ARE YOU THANKFUL FOR?

Look closely at the puzzle below. The most observant people can find 9 letters other than "w".



Write all the letters (other than "w") that you find: _____

Unscramble the letters to find the magic word: _____

We must look for what to be THANKFUL for!

Why show gratitude?

1. Studies show that expressing gratitude can improve your physical health! People who express gratitude exercise more, sleep better, and have better overall physical health.
2. Gratitude assists with your mood and your 'tude! And as your mood and attitude improve, your happiness increases and negative energy and emotions decrease.
3. Gratitude enhances self-esteem by helping you focus on the good things in your life rather than comparing yourself to others.
4. Gratitude helps build and improve friendship. People want to spend more time with grateful, happy people.

Turn the page over and list all the things you are grateful for today!

