

## T Is for T

# Thankfulness

When you show your gratitude for all that you have been blessed with, it helps you feel happy and content.

Sometimes you might think you don't have everything that you want, but if you take time to remember all that you do have, and thank those who lovingly care and provide for you, you will find that you have plenty to be grateful for.

Talk about what you are thankful for, and you'll be amazed at the joy that fills your heart!

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### Put it into action:

Make a display board of the things you're thankful for. Now every day when something happens that you are happy about, add that to your board.

