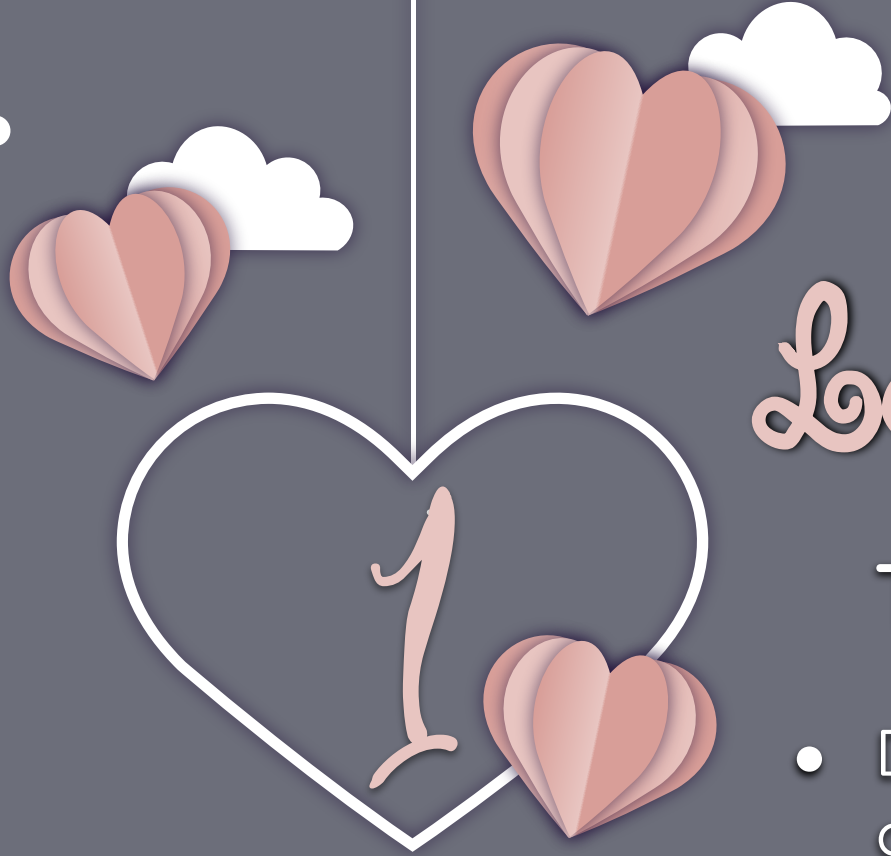


The background is a dark grey-blue color with various decorative elements. There are several hearts: some are 3D-style layered hearts in shades of red and pink, some are simple white outlines, and one is a white heart with a grid pattern. There are also white clouds of different shapes and sizes. Small white dots are scattered throughout. At the bottom, there is a wavy border in shades of red and pink. The text is centered and written in a white, elegant cursive font.

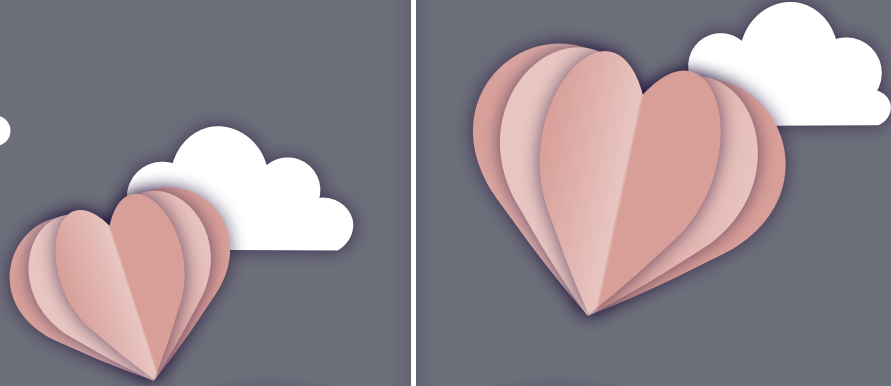
Bringing Out
The Best!
Gratitude



Learning Objectives .

The learner will...

- Define and discuss the meaning of gratitude
- Identify and discuss examples of gratitude
- Apply principles of gratitude



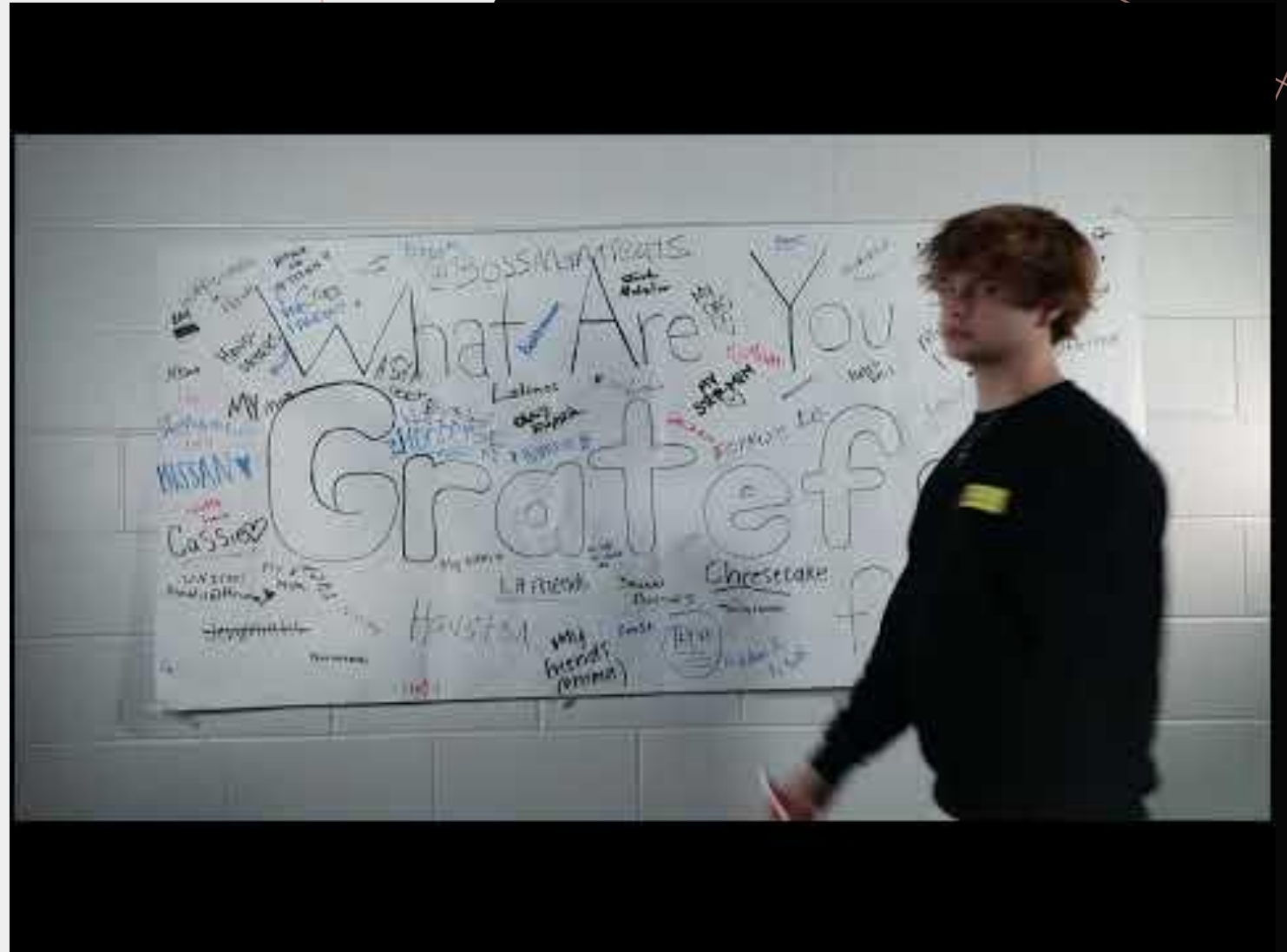
DEFINITION OF GRATITUDE

Essential Meaning: a feeling of appreciation or thanks.

Full Definition: the state of being grateful: thankfulness.

Video about Gratitude

**What did you learn
about gratitude
from the video?**



HOME CONNECTION

When you arrive home this evening, ask a family member to sit down with you and list at least five things that you are grateful for and discuss the reason why you listed them.