Make up activity for Gratitude Journal

1. Watch the following videos.

<https://www.youtube.com/watch?v=sCV-mEsASLA>

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>

<https://www.youtube.com/watch?v=7uzynHWxn5Q>

1. Write in a journal of ½ page that answers the following questions:
2. What does it mean to be thankful?
3. What are things in your life you are thankful for? Why?
4. Why is it good to be thankful?
5. Gratitude Activity

Get a blank piece of paper. Put your name in the middle of the paper. Write down 15-25 things you are grateful or thankful for and give a reason why you are thankful for them.

Hand in your journal and your Gratitude activity to your folder. Make sure your name is on both of these activities and that they are done on separate pieces of paper.