

NAME _____

CHARACTER QUALITY: **GRATEFULNESS**

DEFINITION: Letting others know by my words and actions how they have benefited my life.

www.characterfirst.com



... Quality Think/Quick Write ...



Being a person full of GRATEFULNESS allows you to go through life in a way that promotes a thankful attitude. Your awareness of the many good people and good things along life's way will help you keep positive. DESCRIBE AN INDIVIDUAL OR ITEM you recognize as a benefit in your life. Explain why you view this individual or item in this GRATEFUL way. How has this individual or item made a positive DIFFERENCE in your HOME OR SCHOOL setting? You may need to continue writing on the back.

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GOT AN "ATTITUDE OF GRATITUDE?"
Then you're an individual who knows
how to exhibit **GRATEFULNESS**.
That's not at all BAA, BAA, BAAAAAA. . .D!
That's a **GOOD** Character Quality!
Hurray for YOU!

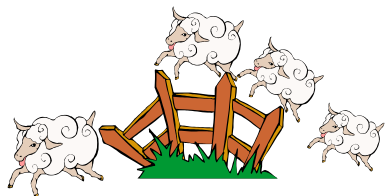
Have you ever been told by someone to count sheep to help you go to sleep? One idea is to count up all the people for whom you are **GRATEFUL** and then start counting all the things you for which are **GRATEFUL**.

There really is a lot to give you that feeling of **GRATEFULNESS**, isn't there?

On the back of this paper write **WHAT** causes that feeling of **GRATEFULNESS** within you and identify **WHY** you feel that way.



side one of two



GRATEFULNESS

WHAT I'M GRATEFUL FOR:

WHY I'M GRATEFUL:

1. _____

2. _____

3. _____

4. _____

5. _____

side two of two

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NAME: _____ DATE: _____

GRATEFUL

K	R	V	T	V	B	M	A	N	O	S	Y
V	W	H	P	N	V	T	P	L	V	I	T
Q	O	W	K	I	P	I	P	K	E	S	H
Z	B	K	S	N	Z	H	R	D	R	A	A
B	L	C	L	P	B	O	E	X	W	T	N
Q	I	K	B	A	K	D	C	Q	H	I	K
V	G	U	D	A	V	Z	I	I	E	S	F
B	E	U	I	L	R	B	A	C	L	F	U
V	D	N	F	R	J	B	T	U	M	I	L
C	D	S	S	W	T	L	I	A	E	E	Y
Y	S	L	S	J	D	V	V	S	D	D	E
X	O	P	L	E	A	S	E	D	O	M	L

APPRECIATIVE

OBLIGED

OVERWHELMED

PLEASED

SATISFIED

THANKFUL

Can you find the synonyms (words that mean the same) for **GRATEFUL** in the Word Search to the left? If you can, add other words you think mean the same on the back.



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What prompts you to feel GRATEFUL? List these thoughts on the lines below.

What are ways to say you're GRATEFUL? One way is to say THANK YOU!!

Make time now, on the back or on another piece of paper, to write a letter, a poem, or a song expressing your feelings of GRATEFULNESS. Be sure to share it with someone!!













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Below, write a note of thanks to someone for whom you are grateful! Think of at least two things that he or she has done or does for you causing you to feel grateful. Maybe the person smiles at you everyday. Or maybe he or she helps you with your homework. Write in such a way that your GRATEFULNESS shines through! When you're done, cut this top set of directions away from the note and make a SPECIAL DELIVERY to that special person.



Note of Gratitude

Dear _____,

I want to thank you for _____

Gratefully,



NAME _____

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DIRECTIONS: We're going on a word HUNT. Look carefully at the word **GRATEFULNESS** and make as many smaller words as you can from it!

2 LETTER WORDS

3 LETTER WORDS

4 OR MORE LETTER WORDS

Definition: On the back write what you think the word **GRATEFULNESS** means and then use the word in a sentence.

Questions? Contact deborah_ranz-smith@mail.msjs.edu