

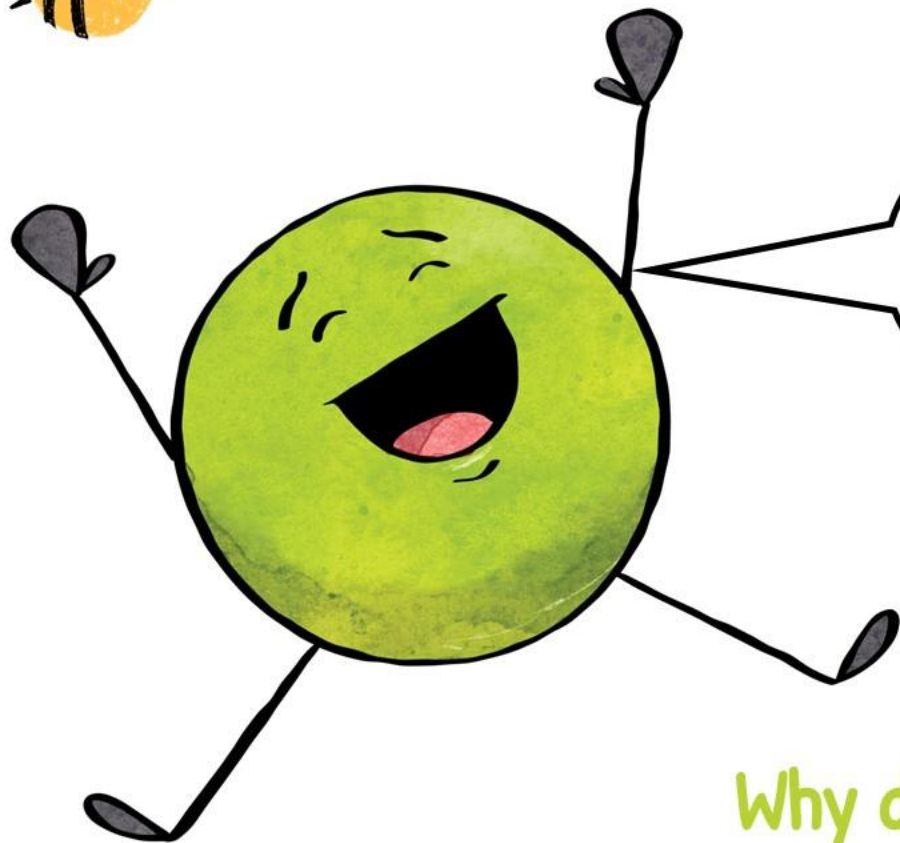


Are you  
ready for ...



**THANKFUL  
THURSDAY**





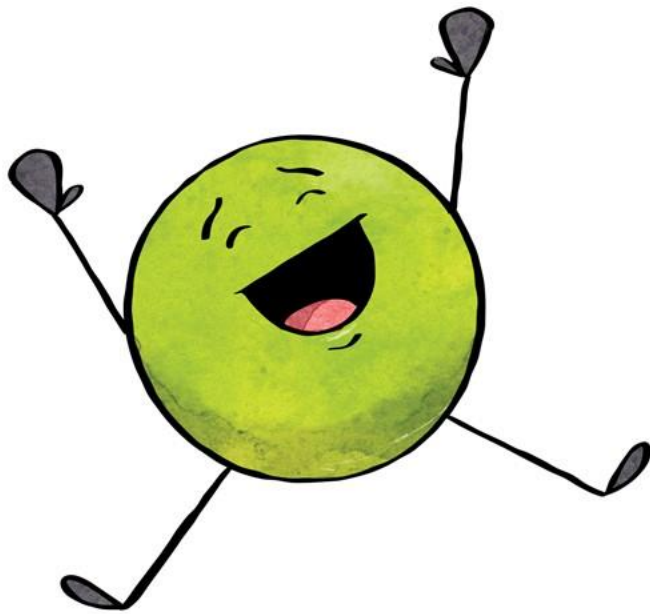
Being grateful  
makes me  
happy!



Why do you think being grateful  
makes you feel happy?



Being grateful or thankful can increase your happiness.



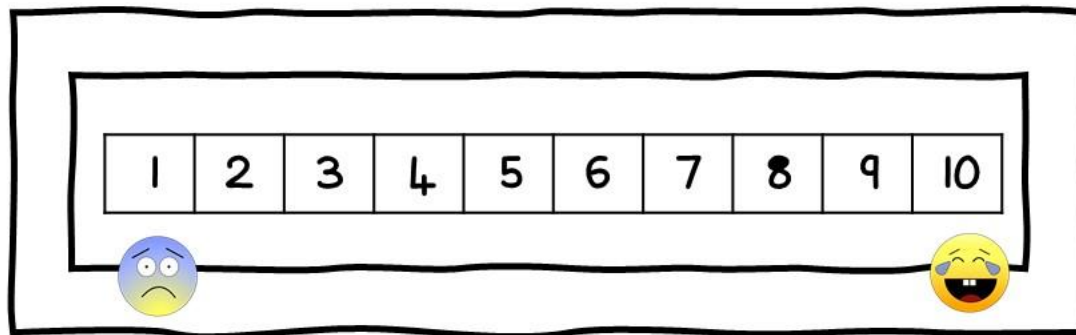
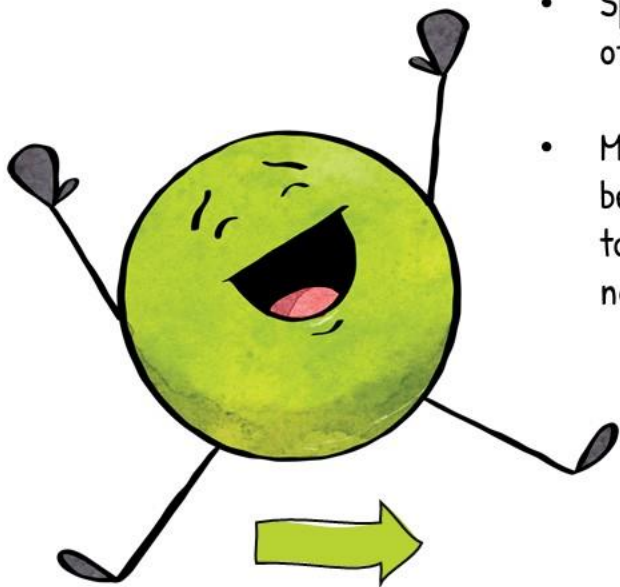
When you are looking for things to be grateful for you are looking at things in a more positive way.

You can express your gratitude in many different ways from journaling, to talking about it, to feeling it and thinking about it.

If you start each day determined to find things to be grateful for you will feel happier.

# Activities

- Today try scaling your happiness. This means thinking about the numbers 1-10 where 1 is not happy and 10 is extremely happy. Talk to someone about the number your happiness is right now.
- Spend all day being grateful and finding things to be grateful for and then at the end of the day scale your happiness again. Has the number gone up?
- Make your own happiness scale and decorate it. You can do something like the one below or you could draw and make a thermometer. Anything at all that has a scale of 1 to 10 on it. You could even draw some emoji faces to show the different stages of being not happy to being very happy.



Your happiness will increase if you keep looking for things to be grateful for

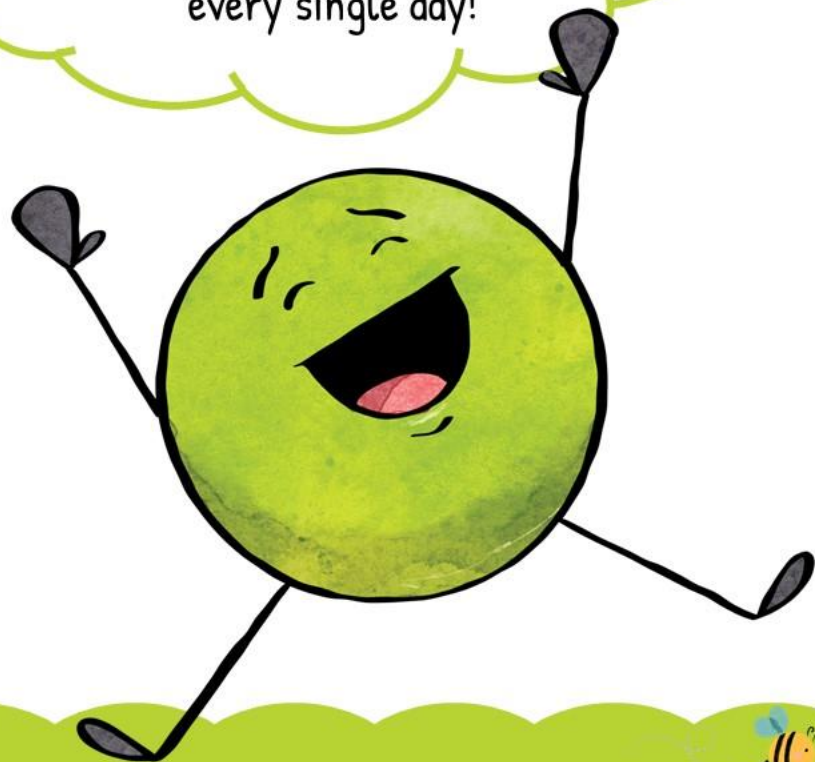
# Affirmations



I can be grateful

I can increase my  
happiness

Look in a mirror and  
repeat these  
statements out loud  
every single day!





Awesome  
work!

Are you  
happy?