

**RESPOND  
TO A TOPIC:**

# National Gratitude Month (November)

**Read about November as National Gratitude Month, and then respond to the questions. Write your response on the lines.**



November is National Gratitude Month. This month reminds us to embrace the power and positivity of gratitude. Gratitude, a feeling of appreciation or thanks, is a simple way to shift your perspective of the world. By intentionally focusing on positive aspects of life, even in the midst of other negative circumstances, you positively impact your own well-being. Many researchers believe that practicing daily gratitude is the key to less stress and happier moods. The greatest thing about gratitude is that you can learn to be grateful through practice, and you can ultimately turn gratitude into a habit. Taking the time to meditate, write a thank you note, or keep a gratitude journal can cultivate gratitude in your everyday life. This National Gratitude Month, celebrate by acknowledging the good things that exist in your life and expressing gratitude to those around you.

How does it make you feel to show appreciation, and how do you feel when others show appreciation for you? Consider a few people or things in your life you feel grateful for. Why are you grateful for them, and how can you express your gratitude? Explain.

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