Kuma says “Hello!” to all of his new friends. That’s YOU! Today, we will learn about gratitude – what it is what it feels like, and how you can make it a part of your life...

What is Gratitude?
Gratitude is a way to help you identify what is good in your life. It helps you think happy thoughts, even when things are not going so well. Gratitude lifts our mood and helps us to carry on despite hardships and setbacks. What are things you are grateful for? What people are you grateful for?

Make YOUR Gratitude Collage!
1. Using the ideas you brainstormed above as a starting place, make a list of things you do or have, people you know, and happy places that make your life special.
2. Find a sturdy index card or other firm paper.
3. Look for pictures and printed words that match your gratitude list. You can find inspiration in magazines, newspapers, and resources online!
4. Paste your pictures and words in a creative way on your paper. Place your finished collage in a special spot where you can see it every day.

Family Gratitude Jar
Now that you understand what gratitude is and have made your Gratitude Collage, encourage your family to practice gratitude together. Once a week, have each family member write out or draw what they are grateful for on a small piece of paper, and place it in the Gratitude Jar. Set a time in the future (once a month, once a season, etc.) to share with one another what made everyone feel good!

Did You Know?
Focusing on gratitude helps us find the positive things in life, even when times are rough. This is a way to build resilience, or inner strength. When we focus on what is going well, what our blessings are, and the opportunities that exist in our lives, we can better manage our mental well-being no matter the circumstances. Our current situation lends itself to teach young people how to manage sudden change, handle crises with courage, and recognizing opportunities and resources in the midst of challenges.