

Gratitude in Threes

You can feel gratitude about many things and in many ways.
IDENTIFY 3 things in each category that you are thankful for.
 Explain why you are thankful for them.

3 things

I am grateful for 3 things I hear:

I am grateful for 3 things I see:

I am grateful for 3 things I smell:

I am grateful for 3 things I feel:

I am grateful for these 3 people:

I am grateful for 3 things I taste:

Gratitude is recognizing the good things in life and the source of their goodness. Life is not always easy and sometimes even the best of us can be negative at times. But, if you intentionally try to notice and comment on the positives, it can be contagious and cause others to start to notice things to be thankful for too.



CHECK the emotion that best matches how you feel today, or **WRITE** your own.

☐ Worried ☐ Excited ☐ Confident ☐ Overwhelmed ☐ _____

THERE'S MORE TO ME THAN MEETS THE EYE

Your identity is influenced by many things like your physical characteristics, gender, and race. But it is also formed by the labels or adjectives you attach to yourself as well as how you think others see you. Some parts of your identity you share. Others, you may choose to keep to yourself.

Think about all the parts of your identity. **DESIGN** a mask that shows who you are and what you want others to know about you.



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CHECK the emotion that best matches how you feel today, or **WRITE** your own.

☐ Content

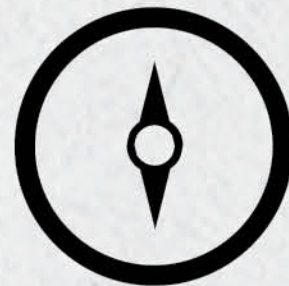
☐ Frustrated

☐ Lonely

☐ Aware

☐ _____

MY SURVIVAL GUIDE



You can't stop stress from happening. But you can change the way you react to it! Controlling what you say, think, and do during stressful situations will help you to accept stress and learn from it.



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☐ Content

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☐ Lonely

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☐ _____

CREATE a survival guide to help you stay in control during stressful moments.



RECOGNIZE THE SIGNS

I can control how I take care of my feelings. I can ask myself:



ASK FOR HELP

I can trust:



USE HELPFUL WORDS

I can control what I say and who I say it to. I can say:



THINK POSITIVE THOUGHTS

I can control my opinions and how I think about things. I can tell myself:



DO THE RIGHT THING

I can control how I treat myself and others. I can stay calm by: