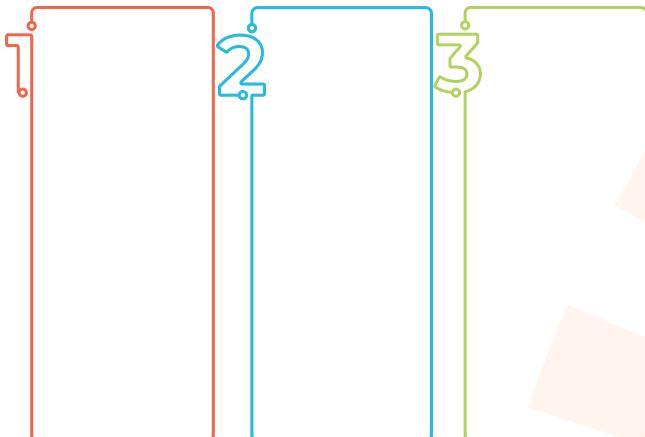




# Have you said “thank you” today?

01 Reflect on and write who you have thanked today and for what. Compare your answers with a classmate.



02 Read “Small Mercies.” Write the number of the paragraph next to its summary.

1. strategies for how to increase your thankfulness



2. examples of when to be grateful in trying times



3. the benefits of showing gratitude and the burdens it releases



03 Read the text again. Write “T” if the statements are true and “F” if they are false.

1. Focusing on a feeling of gratitude can diminish your anxiety.
2. You can only really feel appreciative toward the people you know.
3. People mostly feel grateful for material things that they have.
4. Humans are born with a sense of gratitude and don't need to develop it.

### Small Mercies

1. When going through a difficult moment, many struggle to recognize that there is far more to appreciate than to be pessimistic about. Focusing on our good fortune can help develop a positive mindset, even in **trying** times, which in turn helps reduce stress and anxiety.
2. Being grateful is an intentional act. It involves acknowledging and appreciating the positive outcomes that frequently stem from another's generosity. Perhaps a friend, or even a good **Samaritan**, listened to you, helping to solve a challenging problem. Alternatively, it may be that a loved one completed a difficult task for you, allowing you to rest and recover. Whatever help you received, being mindful of it and the resulting released **burden** is a reason for gratitude.
3. Developing a sense of appreciation requires cultivation, and there are several techniques to try. Firstly, a gratitude jar can be a visual reminder of all the reasons to be positive. Reading through a month's quick positive messages can be genuinely inspiring. Likewise, a **handwritten** note to a loved one mentioning their positive qualities can have a **three-fold** impact, reminding us of our good fortune, fostering strong bonds, and supporting one another in a possible difficult moment. Finally, quiet moments of reflection via a **gratitude** walk or meditation can help us see or visualize all we are grateful for and help restore positive energy.



04 Which gratitude strategies have you tried or would you like to try? Tell your classmate your reasons.

1. a gratitude jar
2. a handwritten thank-you note
3. going on a gratitude walk
4. meditating

05

Read the sentences below. Write if they express permission "P," offer "O," or request "R."

1. Do you suppose you might lend me a hand?
2. Do you think you could help me write this letter to my mom?
3. Can I give you a hand with your bags? They look heavy.
4. I told Fanny she couldn't go on a gratitude walk since it was too dark outside.
5. May I offer you a cup of tea? You look a bit stressed.
6. I wonder if you might show me how to meditate.

06

Unscramble the sentences. Compare your answers with a classmate's and thank them for their help.

1. suppose / do / you / you / answer / could / this / survey / on / for / gratitude / me?

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2. your / may / I / you / a / hand / lend / with / essay?

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3. I / child / ride / a / bike / couldn't / as / a / but / taught / my dad / me/ how.

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4. Sofia / go / to / the / movies / can't / until / she / her / essay / finishes / on / gratitude.

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5. be / I / would / grateful / so / if / you / pass / might / me / your / notes.

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07

Write a gratitude letter to a loved one you are thankful for. Include reasons and describe their personal qualities.

08

In groups, decide who will choose which gratitude exercise below. Individually perform your task and then share how yours made you feel.

- › Go for a gratitude walk.
- › Create a gratitude jar.
- › Meditate on gratitude.