



Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude.  
-A.A. Milne



November  
2020

GRATITUDE IS MORE THAN JUST SAYING THANKS, IT IS A WAY OF SEEING THE WORLD!

PLEASE CONTACT US WITH ANY QUESTIONS, COMMENTS, OR CONCERNS

## Students K-5:

Having gratitude means to be kind to yourself and others! Give it a try!

[https://www.youtube.com/watch?v=Y3cpVdnN\\_I](https://www.youtube.com/watch?v=Y3cpVdnN_I)

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:b6301938-c553-452c-8ec3-479ea2ad3d3d>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:9302df8d-e24d-4d0d-9d0b-eecc7a1cef08>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4ab4a33c-3ffc-40b8-8a84-634e825a4ed1>

## Parents and Families:

Watch this video below to remind yourself how important it is for your health to practice gratitude!

<https://www.youtube.com/watch?v=sCV-mEsASLA>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:c30ec6ad-2a78-46f0-8bc9-a13f2a9b6391>

## Staff:

Gratitude is much more than saying thank you, it is an attitude. Shape your attitude with the helpful tools below!

<https://www.youtube.com/watch?v=fCNxvKEkKgU>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:939e0c7f-9e12-47fa-9cc6-c013aa186469>

## Students 6-12:

Having gratitude will help you in all aspects of your life! Take time to remember what you are grateful for!

[https://www.youtube.com/watch?v=U5IZBjWDR\\_c](https://www.youtube.com/watch?v=U5IZBjWDR_c)

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:a510c175-7e8a-46c5-8824-234bf865a3e>

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