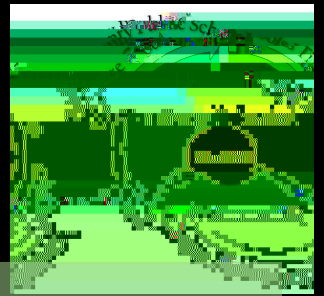


THANKFUL SCHOOLS



Being grateful for your friends and family can help you build stronger relationships. When you express your appreciation, it makes you feel good and then everyone feels good!

Being thankful gives you confidence

When you are grateful, you feel more self-esteem. This means that you will be more confident and less worried about comparing yourself to others. Being grateful is contagious and others will want to be grateful just like you!

Thankfulness makes you a more confident person

As the holidays grow near many of us are looking forward to time spent with family gathered around the table or just laughing together and making memories. The sights, the smells, the excitement of little ones, and catching up or telling old stories.