



november 2017

GRATITUDE

RABBIT

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NEWSLETTER

### **SAY IT:**

**Gratitude** is letting others know you see how they've helped you.

### **KNOW IT:**

*Ask a kid:*

- When is the last time you thanked your parents for helping you with your homework, or for buying you sports equipment, or for taking you to a movie, etc.?
- Who are three people who have helped you? How could you show them gratitude?

*Ask a grown up:*

- Who are some people who have helped you the most in your life? How have you shown them gratitude over the years?
- What are specific ways you have shown gratitude to people other than simply telling them thank you?

### **SEE IT:**

On YouTube, look up [https://youtu.be/T-Shoem\\_iZg](https://youtu.be/T-Shoem_iZg). This video is about Pharrell Williams, a successful singer-songwriter and producer and how he shows his gratitude to his alma mater and former teachers. Even though he is a celebrity and travels all over the world, he still makes it a priority to travel back to his hometown and thank the people who helped him get to where he is today.

### **BE IT:**

Choose a day this month to visit your local police station or fire department and deliver a sweet treat, small gift or handmade thank you note to let those men and women know that you appreciate all they do to protect and serve your family and community.

