

# Good People Everywhere

## Practice Gratitude

Feeling and expressing gratitude helps us to reduce stress and promotes positive emotions such as feeling energized, alert, and enthusiastic. It makes us feel happy.

Here are a few other ways to practice gratitude:

- ☆ Give thanks at meal times, before going to bed and when you see something really beautiful.
- ☆ Try to find something you like about each person you meet and give them a compliment.
- ☆ Find out where your food comes from and say “Thank you” to the people who have prepared it. Eat slowly and enjoy!

Companion activity for  
*Good People Everywhere* by Lynea Gillen.

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