

## **+Gratitude: Older Students**

### **The November Character Trait of the Month**

Every November, some families celebrate Thanksgiving. In the spirit of thankfulness, students at Forest Charter School will be focusing on gratitude. Please watch this video and respond to the questions below:

[https://www.youtube.com/watch?v=U5lZBjWDR\\_c&ab\\_channel=watchwellcast](https://www.youtube.com/watch?v=U5lZBjWDR_c&ab_channel=watchwellcast)

#### **Questions/ Activities:**

1. This video references a study that found that “People who wrote about things that they were grateful for had a much higher level of wellbeing than the other two groups. Not only that, they slept better and exercised more.” What are some possible explanations for this phenomenon?
2. Create a 3 part list of your own, with the headings “People, places, and things.” Write down at least 3 things you’re grateful for in each category.
3. Choose one person off of your gratitude list and write them a short letter/ email/ text saying why you appreciate them. Did writing this message change the way you were feeling?