

Where Do The Children Play? by Cat Stevens - (Lyrics) for "Earth Day" Music Monday **30**

Cat Stevens wrote this song in 1970, reflecting on many of his concerns about poverty, war, ecological disaster, pollution, and the future of the human race. Stevens became a Muslim later in the decade and is now known as **Yusuf Islam**. He remains committed to what he called "the harmony and balance of the universe", and in May 2019 gave his support to Europe's first green mosque, in Cambridge, which was clad in solar panels and surrounded by apple trees. ***

Lyrics: [Cat Stevens - Where Do the Children Play | Lyrics Meaning](#)

Lyrics: [Cat Stevens - Where Do The Children Play with lyrics - \(Music & Lyrics \)](#)
[Yusuf / Cat Stevens - Where Do The Children Play? \(animated creation\)](#)



Well, I think it's fine... building jumbo planes,

Or taking a ride... on a cosmic train,

[or] Switch on summer... from a slot machine.

Yes, get what you want to if you want, 'cause you can get anything....

Chorus: *I know we've come a long way,*

We're changing day to day,

But tell me, where do the children play?

Well, you roll on roads... over fresh green grass,

For your lorry loads, pumping petrol gas,

And you make them long, and you make them tough,

But they just go on and on, and it seems that you can't get off. Oh, ...

Chorus

Well, you've cracked the sky; scrapers fill the air,

But will you keep on building higher

'til there's no more room up there?

Will you make us laugh? Will you make us cry?

Will you tell us when to live? Will you tell us when to die?

Chorus



***2022 performance:

[For over 50 years the lyrics of 'Where Do The Children Play?' have echoed for our children and all generations to come. Peace be with you. #WorldEnvironmentDay | Yusuf / Cat Stevens](#)

***[Earth Day 2026: Theme That Demands Action Beyond One Day](#)

***<https://www.google.com/search?q=+earth+day++music>

***Write about: → your weekend, or an experience from your past. How does it make you grateful?
→ **your** most beautiful place on this earth!
→ a routine that you do to help keep our environment healthy.
→ something new you'd like to start doing to help out our environment.

_____day, ___/___/2026

Each Tear [Mary J Blige feat. Jay Sean - Each tear \(Lyrics on Screen\) HQ](#)

Music Monday **29**

[Each Tear Lyrics - Mary J Blige ft Jay Sean \(lyrics\)](#)

[Mary J. Blige and Jay Sean - Each Tear \(Lyrics\)](#)

There's something that I want to say, but I feel I don't know how.

Still, I just can't hold it one more day, so I think I'll let it out.

You're on my mind more than I made sure.

You're in my heart more than you may know,

And the last thing that I want is for to you to fall apart.

Your future will be clearer; I want you to remember:

*chorus:

In each tear... there's a lesson!

(It) Makes you wiser than before;

(It) makes you stronger than you know,

And each tear brings you closer to your dreams!

No mistake, no heartbreak can take away what you're meant to be!

We can't change the things that we've done; that's in our past,

But fighting won't get us anywhere, so if you want, then here's my hand!

Every night, there's one thing I do: I bow my head, and I pray for you,

And the last thing that I want is for you to fall apart!

Your future will be clearer; I want you to remember: chorus*



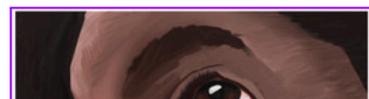
You're much more than a struggle that you go through!

You're not defined by your pain, so let it go!

You're not a victim; you're more like a winner,

And you're not in defeat; you're more like a queen! chorus repeats 2X**

No... we can't be held down!



I can't be held down!

You can't be held down!

We can't be held down!

Love! It makes you so much stronger!

**It makes you so much wiser,
and you're so close to your dreams!**

No mistake, no heartbreak ... can take away what you're meant to be!

Mystery Science: [Why do we have tears when we cry?](#)

*****Write about: → your weekend and how you are grateful for certain things.**

→ a time when your tears have later turned into power.

→ a time when you have comforted someone who was crying, and your message gave them strength.

→ something you'd like to remember from this video: [Understanding "Teary-Eyed": A Guide to Expressive English](#)

_____day, ___/ ___ / 2026

_____day, ___/ ___ / 2026

_____day, ___/ ___ / 2026

Talking to the Moon

by [Bruno Mars - \(Lyrics\)](#)

Music Monday **28**

[Bruno Mars - Talking To The Moon \(Official Lyric Video\)](#) [Talking To The Moon \(Official Video\)](#)

[ReadWorks](#): "Who Was Neil Armstrong?" "Men Who Walked on the Moon"

I know you're somewhere out there, somewhere far away.
I want you back, I want you back.
My neighbors think I'm crazy, but they don't understand:
You're all I had...

You're all I had.

[Chorus] *At night, when the stars light up my room, I sit by myself,*



*Talking to the moon... trying to get to you,
In hopes you're on the other side, talking to me too,
or am I a fool who sits alone, talking to the moon?*

I'm feeling like I'm famous, the talk of the town.

They say I've gone mad, yeah, I've gone mad,

But they don't know what I know, 'cause when the sun goes down,
someone's talking back...

yeah, they're talking back.

[Chorus again]

Do you ever hear me calling?

'Cause every night,



*I'm talking to the moon... trying to get to you,
In hopes you're on the other side, talking to me too,
or am I a fool who sits alone, talking to the moon?*



I know you're somewhere out there, somewhere far away...

*Video connections: [Moon Music](#) (Cold Play)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=moon+songs>

[The Moon Song](#) (Hopscotch Songs)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=moon+songs>

 .com gr. 5 → Y.Astronomy: 6. [Identify phases of the Moon](#) → Challenge Level _____

8. [Lunar eclipses](#) → Challenge Level _____

***Write about: → your weekend and how you are grateful for certain things,
→ the peace and beauty of the night sky...
→ someone you love who does not live nearby...

→ one of YOUR "over the moon" experiences (recently, or earlier in your life). [Over the moon/Learn English Idioms](#)

_____ day, ___ / ___ / 2026

I (I've) **Got Your Back** by Ant Utama [Ant Utama - I Got Your Back \(Official Lyric Video\)](#)

Music Monday **27**

[To have someone's back](#) (idiom)

When you feel misunderstood,
She's packed her things and left for good,... I've got your back!
Driving home in disbelief,
Tears rolling, salt stains on your sleeve,... I've got your back!
Although you're feeling small,
I'll be there to take your call,... 'cause I've got your back,

chorus *Like you had mine in my darkest hour.*

When all you see is black,

You can lean on me;

We'll forget this day together,... 'cause you know I've got your back!

You know I've got your back!

You can cry; just let it out!

Tonight we'll lift away the clouds,... 'cause I've got your back!

Tomorrow we'll be moving on;

You know that life's a marathon,...and I've got your back!



Although you've lost it all,
I'm here to break your fall, ... 'cause I've got your back,

****chorus****

Just trust me; you'll soon see this is just one moment of your long, long life!
Believe it! That's the spirit!
Soon, it'll be your time to thrive, ... 'cause I've got your back,

****chorus** (2X)**

... you know I've got your back!



I CAN'T PROMISE
to fix all your
problems but
I CAN PROMISE
you won't have
to face them alone.
DandelionQuotes.com

*****Write about:** → your weekend and how you are **grateful** for certain things in your life.
→ small or large moments when you were determined to help someone out.
→ small or large moments when someone helped YOU out.

_____ day, ___ / ___ / 2026

Lean On Me - by Bill Withers

[Lyrics - 2023](#)

Music Monday **26**

[Lean on Me \(song\) - Wikipedia](#) | [Lean On Me \(Lyrics\)](#) | [3-Year-Old Angelica Sings "Lean on Me" \(Liya\)](#) | [Lean On Me](#) (Michael Bolton)
[Bill Withers with Stevie Wonder & John Legend - "Lean On Me" | 2015 Induction](#)

Sometimes in our lives we all have pain;
We all have sorrow,
But if we are wise
We know that there's always tomorrow!



****chorus** → Lean on me, when you're not strong,
And I'll be your friend;
I'll help you carry on,
For it won't be long
'Til I'm gonna need
Somebody to lean on!



Please, swallow your pride
If I have things you need to borrow,
For no one can fill those of your needs
That you won't let show.

****interlude****



You just call on me brother, when you need a hand; **
We all need somebody to lean on!
I just might have a problem that you'll understand;
We all need somebody to lean on!

****chorus****

****interlude****

If there is a load you have to bear****
That you can't carry,
I'm right up the road (_____);
I'll share your load!



*If you just call me (call me)
If you need a friend (call me) call me uh huh (call me) if you need a friend (call me)
If you ever need a friend (call me)
Call me (call me) call me (call me) call me (repeated)*

****** 📺 'Lend a Hand' English idioms

******** 📺 Understanding "Bear the Load": A Guide for English Learners

****** Look at the cover of your journal... or the words/phrases in the song "**Lean on Me**" to describe:

- How was your weekend? What did you do?
- What is something you are feeling **grateful** for this week?
- Who is someone that you can **Lean On** for strength and comfort? Explain.
- Who is someone that can **Lean On YOU** for strength and comfort? Explain.

PERFORMANCE OF "APPLAUSE" FROM "TELL IT LIKE A WOMAN"



SOFIA CARSON
Singer & Actress

DIANE WARREN
Songwriter

from the motion picture: →

making the video: →

[WARREN music video](#)

[Applause \(Lyrics\)](#)

Music Monday **25**

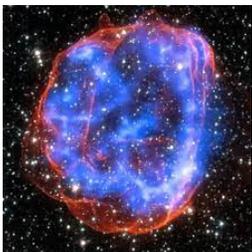
→ ["Applause" From "Tell It Like a Woman" | PWS 2022](#)

→ [The Making of "the APPLAUSE" SOFIA CARSON and DIANE](#)

<https://genius.com/Sofia-carson-applause-lyrics>

<https://www.youtube.com/watch?v=VAHorHpPqb4>

Recognize who you are;
 Sometimes, I know it's so hard,
 But you shine!
 You're a supernova superstar!
 They can't stop you; you were born unstoppable!
 Dare to know that you're remarkable!
 Stand up, stand up,
 Raise your hands up, hands up!



chorus: *Give yourself some applause; you deserve it!
 Give yourself some respect, 'cause you've earned it!
 Give yourself some love, 'cause you're worth it, you're worth it!
 Let 'em know you know it! Go and show you own it!
 You're bold! You're "bad"! You're strong,
 So give yourself some applause, applause, applause!
 Give yourself some!*

Realize how far you've come!
 This time, you won't be outdone!
 You're on fire!



[2023 for Best Song →](#)

It's your time, I know your time has come!
 Believe it, you're the queen; you wear the crown!
 Feel it, take it in, and take a bow!
 Stand up, stand up,
 Raise your hands up, hands up, yeah

chorus

Be proud of how you've been handling these past months. The silent battles you fought, the moments you had to humble yourself, wiped your own tears

Pat yourself on the back; somehow you found the faith
To make it through to, through to another day!
Times got tough, but somehow, you survived!
You kept your head high! [chorus repeats to the end](#)

Supernova - noun (*su·per·no·va* ,*sü·pär·'nō·və*) <https://www.merriam-webster.com/dic>

***Write about: → your weekend and how you are feeling **grateful** for certain things in your life.

→ moments of **determination** in your life... when were were glad you did not give up!

→ the **obstacles** you've been **determined** to **outshine** (overcome)!

→ people who have helped you to stay **determined** to not give up on an important goal!

The Impossible Dream (popular song by Mitch Leigh -composer; lyrics by Joe Darion) *Music Monday* **24**

[The impossible dream - Susan Boyle- with lyrics](#)(with photos) [The Impossible Dream - Matt Monroe lyrics](#)(with photos)

[The Impossible dream - Frank Sinatra \(with lyrics\)](#) [Luther Vandross The Impossible Deam with lyrics](#) [The Impossible Dream \(Cellos\)](#)

[Josh Groban - The Impossible Dream \(Lyrics\)](#) [Jennifer Hudson Performs "The Impossible Dream"](#)

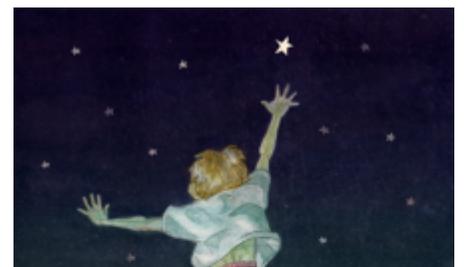
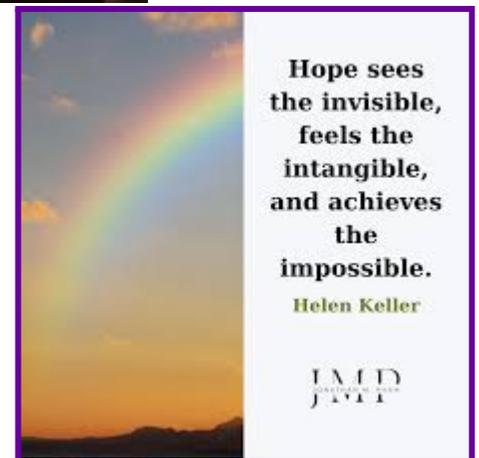
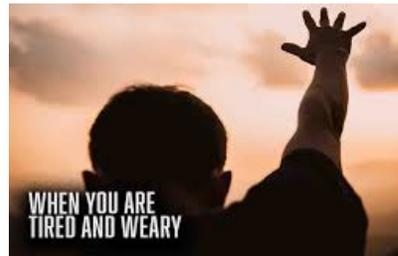
[The Impossible Dream \(Instrumental\)](#) [Phillip Keveren & the Star City Symphony - The Impossible Dream](#)

To dream the impossible dream,
To fight the unbeatable foe,
To bear with unbearable sorrow,
And to run where the brave dare not go!

To right the unrightable wrong,
And to love pure and chaste from afar,
To try when your arms are too weary,
To reach the unreachable star!

This is my quest,... to follow that star,
No matter how hopeless,... no matter how far,
To fight for the right,... without question or pause,
To be willing to march,
march into h_ _ _ for that heavenly cause!

And I know,... if I'll only be true,...
to this glorious quest
That my heart,... will lie peaceful and calm



When I'm laid to my rest...

...And the world will be better for this

That one man, scorned and covered with scars

Still strove with his last ounce of courage

To reach the unreachable...

The unreachable...

The unreachable star!

...And I'll always dream the impossible dream!

Yes, and I'll reach the unreachable star!

***Write about: → your weekend and how you are feeling **grateful** for certain things in your life.

→ moments of determination in your life... when were were glad you did not give up!

→ people who have helped you to stay determined to not give up on an important goal!

_____day, ___/___ / 2026

Tranquility by 311 [Tranquility](#)

Music Monday **23**

As we transition from last week's short week of classtime, think about **teaching the world "to sing in perfect harmony"** (*Music Monday 22*)... as we search for ways to find some peace from worries and anxiety. Check out our special links in [Conversations & Wonderings 2/23-27/2026](#):

Finding **"Tranquility"**:

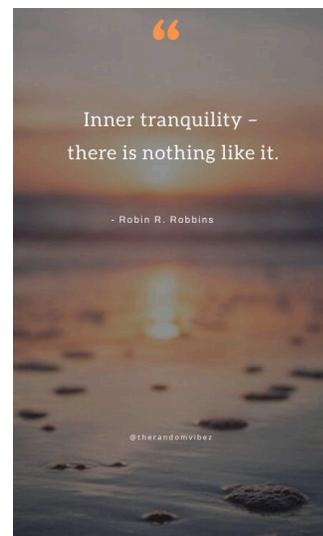
[Easy Relaxation...](#)

[4-7-8 Breathing Ex. by GoZen](#)

[Workout to Ease Anxiety](#)

[Mindfulness Meditation - Guided 10 Min.](#)

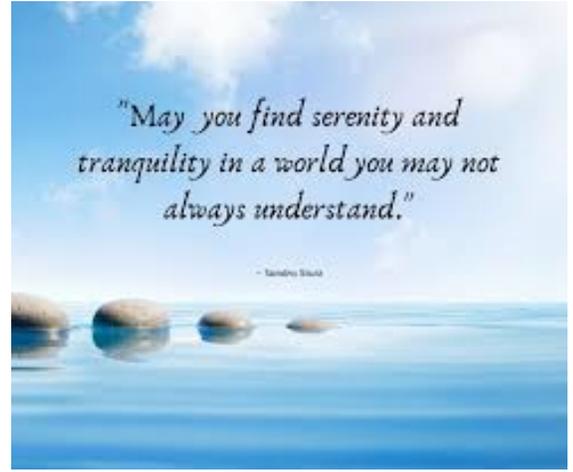
Journey in peace now;
You don't have to be afraid!
Though mistakes, they have been made,
Journey in peace now!



Journey in peace now
You don't have to be afraid!
Though mistakes, they will be made,
Journey in peace now, my friend!

No you can't walk around it;
You have to walk right through it!
My father told me that so long ago.
Every time that you ignore it,
It gets a little more;
You just have to walk toward
The fear to go!

Don't be afraid, it's all part of the plan for us
Don't be afraid, it's all part of the plan for us
All that you hold dear
Is on the other side of that fear!



February **“Word of the Month”**:

Tranquility

***Write about: → your weekend and how you are **grateful** for certain things in your life.

→ small moments of tranquility that have been a gift in your life.

→ how you can build moments of tranquility into your daily routine (and maybe also for other loved ones in your life).

_____day, ___/___ / 2026

"I'd Like to Teach the World to Sing (In Perfect Harmony)" is a pop song (originally known as "True Love and Apple Pie") by British hit songwriters Roger Cook and Roger Greenaway, and sung by Susan Shirley. The lyrics were rewritten by the songwriters—together with US advertising executive Bill Backer and US songwriter Billy Davis—as a jingle for The Coca-Cola Company's advertising agency.

https://www.youtube.com/watch?v=ib-Qiyklq-Q&list=RDib-Qiyklq-Q&start_radio=1 <https://www.youtube.com/watch?v=ogYk-F3d9oo> (commercials)
https://www.youtube.com/watch?v=wIR0KElxxVg&list=RDwIR0KElxxVg&start_radio=1
https://www.youtube.com/watch?v=6a8F28WVXIk&list=RD6a8F28WVXIk&start_radio=1
https://www.youtube.com/watch?v=5gKcM7uC0HM&list=RD5gKcM7uC0HM&start_radio=1
https://www.youtube.com/watch?v=ZWKznrEjJK4&list=RDZWKznrEjJK4&start_radio=1

I'D LIKE TO TEACH THE WORLD TO SING

I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow white turtle doves



I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms
And keep it company



I'd like to see the world for once
All standing hand in hand
And hear them echo through the hills
For peace throughout the land
(That's the song I hear)



That's the song I sing
What the world needs today
A song of peace that echoes on
And never fades away

I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms
And keep it company

I'd like to teach the world to sing
In perfect harmony, that's the song I hear

***Write about: → your weekend and how you are **grateful** for certain things.

→ what helps you feel harmony or peace.

→ what would you like to "teach the world," or any other connections to this week's song lyrics.

_____day, ___/___/2026

I'm from Minnesota

by [Alex Frecon - The Minnesota Anthem](#)

Music Monday **20 & 21**

I'm from Minnesota,
the state that nobody notices.
It's underrated
- it's just that nobody knows it is.
People crucify, but they got no grace*,
So I'ma have to tell you why Minnesota is a dope place.
We've got lakes, with more boats;
We've got more shoreline than California's whole coast;
We're livin' easy and relaxin'!
Instead of socializing, we go to our cabins!
Most of us are Nordic, Norwegian,
Which means that we're really, really nice,
But we can't acknowledge our feelings!
People always wanna hear the accent, yes sir!
Watch "Fargo" once, and then everyone's an expert!
We say pop, not soda; yeah it's sorta true!
Instead of callin' somethin' pretty, we say "oh fer cute!"
Yeah, It's kinda funny when we say stuff,
But just so ya'll know, it goes "duck, duck, grey duck*!"

chorus

I'm from the state filled with all the lakes!
Strangers always wave like they know ya!
Traffic's a breeze; I can drive with ease...

Ride my bike in peace on the shoulder.

I get taxed a lot, and the roads are shot,
but you know it's not always over.

If I try to run, in the end I'll come home!

It's where I'm from: Minnesota!



*<https://www.google.com/search?q=idiom+got+no+grace>



*[Why Minnesotans call Duck Duck Goose...](#)



And yeah we've gotta a lotta farms, it's true:
 Sweet corn, beet farms, big barns, pigs, too,
 But we've invented many other things with major appeal,
 Like rollerblades, and **Post-it Notes** and **Jessica Biel!**
 With bright lights, and "dope"* views,
 I know we act **Red**, but we always vote **Blue**,
 'Cause Minnesota stays progressive;
 We even tried to get **Walter Mondale** elected...
 But dating here kinda gets weird;
 Every time I hop on **Tinder**, I just see a fish, or a dead deer,
 And transplants, it's not that we don't like you;
 It's just that all we know is telling jokes from back in high school!
 We like pull-tabs and drink **Mic Golden**;
 If I've got leftover hotdish, it gets frozen,
 And to set the record straight again,
 Being Minnesotan does not make you a Canadian!

* [What does "DOPE" mean?! \(Learn English Slang!\)](#)



** back to chorus **

We Never face a drought, nor volcanoes or earthquakes;
 The coasts are about to sink and Minnesota is sure safe!
 We're not as flashy as a New York, or Europe;
 The craziest thing we did was **Jesse Ventura!**
 Most people think that we're a **flyover state***,
 But when you think about it more, that's **prolly** why it's so great,
 And every state has it's problems,
 So when we start to feel down, we just look at Wisconsin!

* [flyover state'?](#)

chorus again

Bonnie originally wanted to share a very different Minnesota-themed song that came out during late January of 2026. She knew it would be a high quality song with powerful lyrics because of the singer-songwriter: Bruce Springsteen. Here is his explanation about creating this song:

"I wrote this song on Saturday, recorded it yesterday and released it to you today in response to the state terror being visited on the city of Minneapolis. It's dedicated to the people of Minneapolis, our innocent immigrant neighbors and in memory of Alex Pretti and Renee Good. Stay free" ~Bruce Springsteen (1-29-2026)

While preparing **MusicMonday**, Bonnie decided to definitely share the link to the video that has the lyrics clearly written at the bottom of the screen. However, she also decided that the darkness and sadness of this video needed to NOT fill our classroom **too** much. Each individual student may view (and share) the video as often as they wish... and we may POSSIBLY connect with it during our classroom discussion time:

[Bruce Springsteen - Streets Of Minneapolis \(Official Lyric Video\) January 29, 2026](#)

[Bruce Springsteen - Streets Of Minneapolis \(official Audio\)](#) → interesting comments show below this video screen

*BTW, this was a Willmar Radio News story on Feb. 2nd:

[ICE still in Willmar...detainees are booked in St. Paul | News | willmarradio.com](#)

***Write about: → your weekend and how you are grateful for certain things.
→ a time you felt tired, but your inner-strength gave you endurance to keep going.
→ any connections to this week's song lyrics.

_____day, ___/___/2026

Rise Up by **Andra Day - Rise Up (Lyrics)**

Music Monday **19**

[Andra Day - Rise Up \[Official Music Video\] \[Inspiration Version\]](#) ← Wow!

"C:\Users\hawkc\Videos\Indivisible.1.25.26.html"

You're broken down and tired
Of living life on a merry-go-round,
And you can't find the fighter,
But I see it in you, so we gon' walk it out
And move mountains - we gon' walk it out... and move mountains,



~~~~ Chorus ~~~~

*And I'll rise up; I'll rise like the day!*

*I'll rise up; I'll rise unafraid!*

*I'll rise up,*

*And I'll do it a thousand times again,*

*And I'll rise up, high like the waves!*

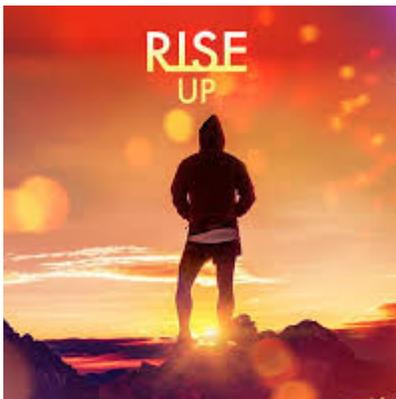
*I'll rise up in spite of the ache!*

*I'll rise up,*

*And I'll do it a thousand times again,*

*For you... For you... For you... For you...*

When the silence isn't quiet,  
And it feels like it's getting hard to breathe,





It's burning inside, the hurting and the suffering,  
Minds creating anger, fear and pain, suffocating our times.  
The tougher it gets, the rougher social media cries,  
But we see to it that we (are) tweeting only negative lines.  
We're sick and tired of history, but repeating it twice:  
Greed, anger, and violence clearly stealing our nights,  
Feeling it tight between the shoulders, with a chill in the spine,  
Pinching myself, waking up, trying to stop the rewind,  
And move forward toward stories overcoming our fear,  
Choosing love over hate, praying, trading hugs over tears...  
There's only one choice: **breaking down the walls** and repair(ing)  
Every broken heart on this planet (un)'til there's no longer fear...

Walls can't hold us in; fear can't keep us down.  
Love will rise again; Yeh, it's rising right now:

**\*\*Chorus\*\*** *"We shall overcome!" ~~~ Everytime I think it's gonna take much longer,  
"We shall overcome!" ~~~ Everytime I question, "Am I getting stronger?"  
"We have just begun!" ~~~ Gonna make a change; we gotta push much farther!  
"We shall overcome!" ~~~ "We shall overcome!" ~ "We shall overcome!" ~ "We shall overcome!"*

\*Young Gandhi couldn't fathom how to deal with himself  
When he was thrown off the train, and the pain that he felt...  
\*Mrs. Parks, disrespected, thrown into jail,  
'cuz of the color of her skin, organs, tissues and cells...  
\*One day a young girl was shot on a bus by a man, a terrorist part of the Taliban;  
He said: "On this land you have no right to stand for what you believe in;  
girls have no chance here..."

Well now, that's just the story of three souls,  
who shook our planet, after being down on their knees, ...  
And it's not gonna stop; those seeds have now become trees,  
And us human beings will keep on digging 'til we find peace!

Yeh, the cynics always say that nothing ever changes,  
That human nature's bound to stay the same,  
But it couldn't be more plain  
that violence never pays;  
injustice never stays;  
it's bound to fade away...

What if history awaits?  
What if today is the day?  
We already know the way,  
so let's all lead the way **\*\*Chorus\*\*** ...



...and move forward toward stories, overcoming our fear!

\*There's only one choice: Love will rise again, yeah, it's rising right now...

\* \* \* \* \*

\*How was your weekend... or how has your morning begun? Do you have some **gratitude** moments to share?

\*What kind of feelings or emotions do you have about people showing **endurance** to **NOT GIVE UP** on an important belief or value? How do you feel about Martin Luther King Jr.'s words?

\_\_\_\_\_day, \_\_\_/\_\_\_/2026

---

---

---

---

---

# Home

by Phillip Phillips

Phillip Phillips - Home

Music Monday **1**

Hold on to me as we go,  
As we roll down this unfamiliar road,  
And although this wave is stringing us along,  
Just know you're not alone,  
'Cause I'm gonna make this place your home!



Settle down, it'll all be clear!  
Don't pay no **[any]** mind to the demons-  
They fill you with fear!  
The trouble—it might drag you down;  
If you get lost, you can always be found!  
Just know you're not alone,  
'Cause I'm gonna make this place your home!



~ ~ ~ ~ ~

\*How do you help other people feel comfortable and "at home" when they are with you?

---

---

\*Who are some people in your life that have helped YOU to feel comfortable and "at home"?

\*Do you feel comfortable and "at home" when you come to this school? This classroom?

**7 BENEFITS OF GRATITUDE**

Improves Relationships    Fewer Aches & Pains    More Happiness, Less Depression    Promotes Better Sleep

Increased Empathy Towards Others    Boosts Self Esteem    Encourages Mental Fortitude & Resilience

IVYBRAINTUMORCENTER.ORG

Source: "7 Scientifically Proven Benefits of Gratitude." Psychology Today.

Videos:

[Gratitude Is Good For You](#) (1:31)

- nice graphics and not too wordy

[The Benefits of Gratitude on Mental Health](#) (8:17)

-focuses on top 5 (CC available) - a bit wordy, but vocabulary words pop up on the screen

[The Science of Gratitude](#) (many scientific words)

**GRATITUDE**

GROW    RECOGNIZE    ADAPT    TRANSFORM    INSPIRE    TRUST    UNLEASH    DOUBLE DOWN    EVOLVE