# PREVENTION PRINTABLES

## <u>Gratitude</u>

#### Noun

The quality of being thankful; readiness to show appreciation for and to return kindness.

### Prompt:

Why is it important to show gratitude? How do you express your gratitude?

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## Who/ What are you most grateful for?

Complete the gratitude web below, identifying the 8 things you are most grateful to have in your life.

