



Thanksgiving and gratitude

Good morning, teachers & students!

Today, I want to talk to you about two important concepts: Thanksgiving and gratitude.

Thanksgiving is a special holiday where some people come together as families and friends to celebrate and give thanks. It originated as a harvest festival, where people express gratitude for the abundance in their lives. It is a time to reflect on our blessings and appreciate the good things that have come our way. On the other hand, gratitude is not limited to a single day or event. It is a mindset, a daily practice of recognizing and appreciating the positive aspects of our lives. It involves being thankful for everything we have, whether it is our relationships, achievements, or personal qualities.

By practicing gratitude regularly, we can experience numerous benefits, including improved mental well-being, increased happiness, and stronger relationships. We shift our focus from what may be lacking to what we already have, fostering a sense of contentment and appreciation.

I encourage each of you to cultivate an attitude of gratitude, not just during these two weeks but throughout the year. Through this action, we have the power to cultivate a school community filled with positivity and gratitude, fostering an environment where kindness and appreciation flourish.

Thank you, and have a nice day!

<https://www.youtube.com/watch?v=3Rifbyl+VE8>

MORNING HAS BROKEN - Cat Stevens (Lyrics)

