BEING GREATFUL



1. Connect the following vocabulary with its corresponding meaning

1. Appreciation	a. Nice behavior
2. Thankful	b. A gift from God that brings happiness
3. Blessing	c. A big quantity of something
4. Kind	d. Joy, pleased, contentment.
5. Abundance	e. Perceptive recognition of qualities,
6. Satisfaction	f. A state of health, happiness, comfort, and prosperity.
7. Happiness	g. Feeling satisfied.
8. Well-being	h. Feeling or expressing gratitude

1. What does gratitude mean to you?

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2. Understanding Gratitude

Gratitude: Feeling thankful and appreciative for the positive (big and small) aspects of life.

Some benefits of practicing gratitude are:

- Improved mental health.
- Increased happiness.
- Better relationships.

Give examples of situations or things that makes you feel grateful. Write minimum three aspects. Use a column for each student.

3. **Video**: "Do you want to be happy? Be grateful"

Video Summary: The video explores the relationship between gratitude and happiness. It discusses research data that demonstrate how practicing gratitude can significantly improve our well-being and happiness levels.
Across personal anecdotes and scientific evidence, the speaker emphasizes the importance of cultivating gratitude as a daily habit.

Go to the following link and complete the information:

https://edpuzzle.com/assignments/66219b3d084e56e89ece01c6/watch

4. Personal Connection – Speaking activity.

a. Can you remember a recent moment when you felt genuinely grateful for something or someone? Describe that experience.

b. How do you typically express gratitude in your daily life?

c. Are there any cultural or societal norms related to gratitude in your community? How do they influence your perception of gratitude?

d. Do you think there are any barriers or challenges that prevent people from practicing gratitude regularly? If so, what are they?

e. Share one specific action you plan to take after watching this video to cultivate more gratitude in your life.

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