



## THANKFULNESS

November is the month we celebrate Thankfulness, making it this month's Christian Quality. Feeling grateful and thankful is an essential skill that both kids and adults can use. Feelings of gratitude can lead to things such as greater life satisfaction, positive emotions, stronger relationships, and better mental and physical health. This is the perfect time of year to remember that we all have so much to be thankful for, and the perfect time to teach our children the quality of thankfulness.

"Through the eyes of gratitude,  
everything is a miracle."

-Mary Davis

"Gratitude turns what we have  
into enough."

-Anonymous

"It's not what we have in our life,  
but who we have in our life."

-Margaret Laurence

## RECOMMENDED READING

