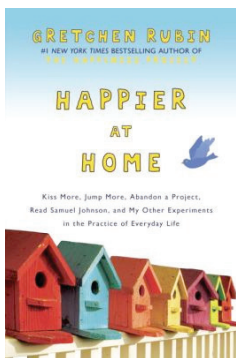


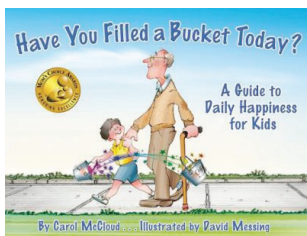
# Gratitude

Expressing gratitude is an easy emotion to feel if you put your mind to it. Here are some resources to help you and your kids practice gratitude for all the little things in life that make you happy.

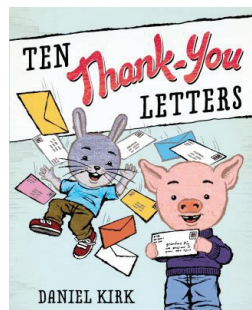
Books can be a great resource for helping talk about gratitude with kids. The Greater Victoria Public Library shares a recommended books list here.



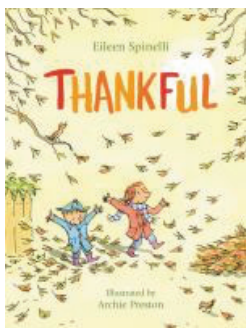
Happier at Home



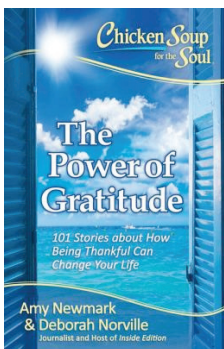
Have You Filled a Bucket Today?



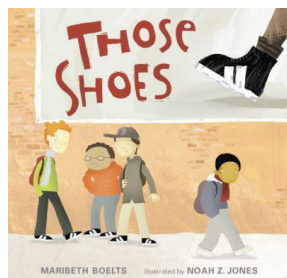
Ten Thank-you Letters



Thankful



The Power of Gratitude



Those Shoes