

Mrs. Collins' Corner



This trimester we are talking about the next component of Choose Love-**Gratitude**

Choose Love says,

"**Gratitude is when you** feel thankful and want to share it with others...Gratitude is when you let someone know how their kindness impacted you...Practicing gratitude can help us find encouragement if we feel overwhelmed or become frustrated by criticism. When we learn to appreciate small successes, it can help us accomplish big goals. It can also help us build confidence and help us focus...Practicing gratitude helps us identify our strengths and feel better about the world around us."

[Thankful in sign language](#)

[\(Click here to see a nice story about Gratitude\)](#)



"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude." A.A. Milne, Winnie the Pooh

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[Books about Gratitude](#)
[Quotes about Gratitude](#)
[How Can you Support?](#)

"Although we can't always choose what happens to us, we can always choose how to respond. Children can learn to choose a loving thought over an angry one. When a child realizes that they have the power to positively impact themselves as well as those around them, it is empowering and perpetuates their positive actions and interactions." -Scarlett Lewis, Founder of the Jesse Lewis Choose Love Movement