



***When
eating fruit,
remember
the one who
planted the
tree.***

Vietnamese Proverb

PATH

*Gratitude Along
the Way*

GAINS

- *Reflecting on positive experiences to reduce stress*
- *Acknowledging and appreciating the efforts and kindness of others*
- *Becoming more sensitive to the feelings and experiences of others*
- *Practicing expressing gratitude for the development of emotional intelligence*
- *Understanding and managing personal emotions and those of others*



DIALOGUE

1 Unjumble these words taken from the dialogue below.

eturiv	gnelssfaturu	daeratdnu	litymihu	nateipasossmc
dimeclaly	dnebnauc	snomiteo	ersauret	noitacirpapr

2 Read the dialogue and answer the questions.

Gloria: Hey, Addie! What do you say, can I help you in this weekend's club presentation on 'Gratitude: An Underrated Value'?

Addie: Well, sure, I'll be so grateful! We can start by saying it's more of a value people take for granted, even though it can change our perspective on life and others.

Gloria: Whoa, haven't guessed such a quick start! We'd better sit in that bench and work on it. The last note I took in class is about gratitude being about having a positive mindset, even when times get tough. Like, imagine having little material wealth, but still being thankful for having food on the table and working hard to improve your condition.

Addie: We'll move on from there. If you're ready, I'm reading from my notes: Gratitude teaches us humility. When we appreciate others and show gratitude, it shows we value their efforts and understand that we all need each other.

Gloria: This lines up with the sense of gratitude that sets generosity and compassion in motion. When people thank people for their kindness, they're more likely to pay it forward and help others. It's like a chain reaction of positivity and kindness, isn't?

Addie: You bet! And guess what? Practicing gratitude is not just good for our mood, it's actually backed by science! I read an article that said gratitude can reduce stress, improve sleep, and make us happier. It's like a natural mood booster!





Gloria: Typed this right in. Tells so much about gratitude helping us shift our focus from what we lack to what we already have. It doesn't mean we settle for less, but we learn to appreciate.

Addie: Whether it's enjoying nature's beauty or spending time with loved ones, gratitude brings comfort and joy to our lives.

Gloria: It fills us with wonder and awe for the world, for sure. I like a stunning sunrise for reminding me of being grateful for being alive! Wait while I type these.

Addie: I'll remember to quote you in the weekend class! What about saying "gratitude is like a lens that helps us see the beauty and goodness in even the simplest things, making our lives richer and more fulfilling"?

Gloria: Good one! It's a gift that keeps on giving, a gift we can spread by expressing gratitude to all who make a positive impact in our lives, to our families and friends, acknowledging their love and impressions on our lives.

Addie: Let that go into the last slide. Here's the end message: "Like water shaping rocks over time, gratitude can inspire and uplift those around us." What do you say?

Gloria: Sums it up all right!

Addie: Thanks so much for your help, Gloria!

- 1 What example does Gloria give to illustrate the power of gratitude in challenging times?
- 2 What are some scientifically proven benefits of practicing gratitude, according to Addie?
- 3 What emotions does Addie describe as comforting and uplifting?
- 4 How does Gloria describe gratefulness as a lens through which we can see the world?
- 5 How does Addie connect gratitude with humility?

SHORT STORY

- 1 Read the following statements and categorize them as **behavior**, **gratitude**, **feeling**, **thanks**, **jealousy** in the red box. Then, define the statements as positive or negative in the green one.

1. I thank you wholeheartedly when I receive help from others.		
2. I appreciate the kindness people do to me.		
3. I'm happy with my life.		
4. Life presents me with numerous positive situations.		
5. I would like to thank the shopkeepers I shopped with.		
6. I have so much to be thankful for that I have.		
7. I feel good when I sit in a beautiful park/garden.		
8. Thank you to the people who have done me good.		
9. I love my physical appearance.		
10. People around me treat me well.		
11. I envy the opportunities other people have.		
12. I can't attract people who are better than me at anything.		
13. I feel grateful when I eat delicious food.		
14. I'm happy that I can learn new things.		
15. In my daily life, I experience events that fill me with joy.		
16. I feel at peace when I see the natural beauties I see.		
17. I am grateful to wake up healthy every day.		
18. I get uneasy when I see someone who has better opportunities than me.		
19. When I smell a flower, I feel filled with joy.		
20. I wish I could thank the authors of the books I read.		
21. It makes me happy when my friend asks how I am.		
22. I'm happy to be able to experience different seasons.		

2 Read the following story and choose the correct option below.

- The story is about ...**
- 1 negative situations in life.
 - 2 physical appearance.
 - 3 joyful events in life.

The Silver Linings

Safia, a student in Harmony Middle School, found herself caught in a whirlwind of challenges. First, a major group project seemed destined for disaster as her teammates were uncooperative. Then, she faced unexpected friendship issues when a longtime friend started drifting away. On top of that, a demanding history assignment loomed large, creating stress and anxiety.

Feeling overwhelmed, she sought advice from Mrs. Thompson, the school librarian known for her wisdom. Pouring out her struggles, she shared the difficulties of dealing with uncooperative teammates, strained friendships, and the pressure of academic expectations.

Mrs. Thompson listened attentively and suggested a unique solution. "Instead of letting these challenges drag you down, why not turn them into opportunities for creativity? Start a 'Silver Linings' project. For every negative situation you encounter, find a positive or creative aspect to it."

Intrigued by the idea, Safia decided to give it a shot. When faced with uncooperative teammates on the group project, she turned it into an opportunity to showcase her leadership skills and organized the project in a way that impressed her teacher. During the friendship issues, she expressed her emotions through poetry and found solace in her creative outlet. The demanding history assignment became a chance for her to delve into a topic she found fascinating, turning stress into curiosity.

As Safia embraced the 'Silver Linings' project, her perspective shifted. The challenges that once seemed insurmountable became stepping stones for artistic expression and personal growth. Mrs. Thompson noticed the change and commended Safia's resilience and creativity.

During a particularly hectic week before exams, Safia transformed her stress into a series of motivational drawings that resonated with her classmates. The once-negative situations now became a source of inspiration for others as well.



3 Read the story again and find the challenges Safia encountered.

4 Answer the following questions according to the story.

- 1 What did Mrs Thompson suggest Safia for the challenges she faced?
- 2 What is 'Silver Linings' project? How can you define it?
- 3 How did the project help Sarah to overcome her challenges?

- 5 In a school, there are four friends exhibiting distinct behaviors and expressing varied feelings towards themselves and others. Please read the following story and analyze the characters.



Sania



Jake



Camille



Sinan

The Gratitude Chronicles

In the bustling corridors of Maplewood Middle School, four friends – Sania, Jake, Camille, and Sinan – embarked on their daily adventures, each with a distinctive perspective on life.

One sunny afternoon, the friends gathered in the schoolyard during lunch. Sania, her eyes sparkling with enthusiasm, pointed to the vibrant flowers in the courtyard.

“Isn’t nature incredible? I’m so grateful for these beautiful moments,” Sania exclaimed, her positive energy contagious.

Jake nodded, savoring a bite of his sandwich. “I totally get that. Speaking of gratitude, I need to thank Mr. Helix for helping me with that tricky math problem yesterday. It made my day.”

Meanwhile, Camille sat quietly, her gaze distant. She observed a group of students discussing an upcoming science fair.

“It’s not fair. They always get these amazing opportunities, and I’m stuck with the same old routine,” Camille muttered, a hint of envy in her voice.

Sinan, engrossed in a book about space, looked up and smiled. “I find joy in learning new things. Did you know there’s a meteor shower tonight? I’m excited to observe it.”

Later that week, the friends found themselves in the

midst of a challenging group project. Sania, always the optimist, encouraged collaboration.

“We can create something amazing together. Let’s appreciate each other’s strengths,” she suggested, her eyes shining with positivity.

Jake chimed in, “Absolutely! I’m grateful for our teamwork. We’ve got this!”

Camille hesitated, feeling the weight of her insecurities. Sinan, sensing her unease, offered support.

“Don’t worry, Camille. We all have unique talents, and together we can make this project shine,” Sinan reassured her.

As the school year unfolded, the friends faced ups and downs. Sania’s infectious gratitude and love for the simple joys inspired the group. Jake’s appreciation for kindness strengthened their bonds, while Sinan’s enthusiasm for learning added a spark to their shared experiences.

In moments of struggle, Camille’s challenges became an opportunity for empathy and understanding. The friends learned that even in the midst of diverse perspectives, gratitude could be the glue that held them together through the rollercoaster ride of middle school. In the end, their shared experiences and individual growth created a friendship woven with threads of appreciation and understanding.

- 6 Elaborate on the underlined expressions above, connecting them to the theme of gratitude. How do they comply with the characters in the story?

CONCEPTS

- 1 These scenarios involve decisions with potential ethical consequences that may conflict with one's sense of gratitude and may not always have a clear-cut solution. Choose the best option or suggest your own.

Ethical Dilemmas

Dignifying or Degrading?

You have competed with a classmate with dedication and success throughout the academic year. You have received similar grades overall. Wait a minute, there is only one top academic award available, and they will only choose one student for that! What should you do?

- Should you be grateful for your grades and let your classmate have the award?
- Should you ask the school to review its policy and announce more awards?
- Should you both choose a teacher as the referee and abide with his/her decision?

For What It's Worth

A classmate frequently begs for your help to complete his missing assignments, and you accept even when you have your own work to be completed. Meanwhile, whenever you request his assistance, he ignores you. What should you do?

- Should you stop helping your classmate?
- Should you speak to him about his attitude and demand an apology?
- Should you tell another classmate to have him schooled in gratitude?

Taken for Granted

You share the same desk with a weak-in-studies classmate who monopolizes your free time by blaming you for his low performance in class and refuses to follow your rational recommendations to improve himself in studies. What should you do?

- Should you be frustrated and admit you neglect your classmate?
- Should you get angry at him for his constant ingratitude and time theft?
- Should you ask him to list down his strengths and help him improve on weaknesses?

- 2** Recognizing the following positive and negative concepts about gratitude can help you have a more appreciative mindset for healthier relationships and personal growth. Can you match the concepts with their definitions?

resentment	appreciation	selfishness	complacency	connection
entitlement	generosity	contentment	ingratitude	resilience

a	recognizing and valuing the positive aspects of one's life, experiences, or the contributions of others by acknowledging the good and expressing gratitude.
b	focusing on one's own needs, desires, and interests without considering or appreciating the perspectives, needs, or contributions of others.
c	lack of appreciation or acknowledgment for the positive aspects of one's life or the contributions of others by taking things for granted.
d	giving freely and selflessly, often motivated by a sense of gratitude for one's blessings through kindness, compassion, and sharing with others.
e	satisfaction and acceptance with what one has, appreciating the present moment and finding joy in simple existing pleasures.
f	feeling of bitterness, anger, or grudges towards others, often due to a perceived lack of appreciation or gratitude for one's sacrifices.
g	being satisfied with how things stand and becoming indifferent or ungrateful for further progress or growth to stop personal development.
h	The ability to bounce back from adversity, challenges, or setbacks with a positive mindset. Gratefulness can contribute to resilience by helping individuals find gratitude even in difficult circumstances, fostering a sense of hope and perspective.
i	sense of merit or expectation of receiving certain benefits or privileges without thankfulness or appreciation and with an attitude of feeling owed without recognizing the efforts of others.
j	feeling of being linked with others, either through shared experiences, social relationships, or a sense of belonging by appreciating the presence and support of others.

- 3 The following are the lyrics of 'What a Wonderful World,' a song written and composed by Bob Thiele and George David Weiss and sung by Louis Armstrong in 1967. In the song, Louis Armstrong expresses a strong optimism and gratitude for the wonders that make the world and life beautiful. These wonders are often unnoticed, but the lyrics remind us to treasure them with gratefulness.

bloom	faces	blessed
learn	babies	shaking
grow	roses	love
bright	sacred	rainbow

I see trees of green, red too
 I see them, for me and you
 And I think to myself, what a wonderful world

I see skies of blue and clouds of white
 The day, the dark night
 And I think to myself, what a wonderful world

The colors of the, so pretty in the sky
 Are also on the of people going by
 I see friends hands, saying, "How do you do?"
 They're really saying, "I you"

I hear cry; I watch them
 They'll much more than I'll ever know
 And I think to myself, what a wonderful world
 Yes, I think to myself, what a wonderful world



https://www.youtube.com/watch?v=rBrd_3VMC3c

- 4** Skim through the lyrics of 'What a Wonderful World' and write in your notebook five special examples Louis Armstrong uses to express the beauty and cheer in the world and life.
- 5** Work in pairs to extend the lyrics of 'What a Wonderful World' by writing six more lines in your notebook, expressing your gratitude in tune with the uplifting message of the song for the beauty and positivity in the world.
- 6** In pairs, match these titles with the concepts mentioned in 'What a Wonderful World'.

Gratitude and
Mindfulness

Embracing
Diversity

Human
Connection

Optimism in
Learning

Appreciation for
Nature

- a** acknowledging and admiring the natural world to find joy and wonder in the simple pleasures that surround us.
- b** appreciating the small joys and wonders of everyday life and the world around us that we might otherwise fail to notice or take for granted.
- c** appreciating the variety and exceptionality of people and cultures through acceptance, understanding, and unity.
- d** the power of love, compassion, and genuine care, emphasizing the significance of sincere relationships with others.
- e** despite the challenges we face, having hope in the future and the potential for growth, learning, and progress.

- 7** Study these behaviors and assess if they show gratitude (G) or ingratitude (IG).

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Expressing genuine appreciation when someone helps you or treats you kindly. |
| <input type="checkbox"/> | Reacting indifferently or thanklessly when someone treats you kindly. |
| <input type="checkbox"/> | Recognizing and acknowledging the efforts and contributions of others. |
| <input type="checkbox"/> | Showing genuine interest and concentration when others are speaking. |
| <input type="checkbox"/> | Not acknowledging the kindness of others, thinking you are entitled to them. |
| <input type="checkbox"/> | Expecting special treatment without recognizing the efforts of others. |
| <input type="checkbox"/> | Spreading thankfulness by helping others expecting nothing in return. |
| <input type="checkbox"/> | Resenting when things do not go as expected and not appreciating the efforts behind them. |
| <input type="checkbox"/> | Finding lessons even in challenging situations with a positive attitude. |
| <input type="checkbox"/> | Prioritizing your own needs without appreciating the needs of others who helped you. |

POWERFUL WORDS

1 Choose one of the quotes below and write a short essay (100-150 words) about it.

"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation."

– John Ortberg

"The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing."

– Hannah Whitall Smith

"Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all."

– William Faulkner

"Now is no time to think of what you do not have. Think of what you can do with what there is."

– Ernest Hemingway

"When eating fruit, remember the one who planted the tree."

– Vietnamese Proverb

"Joy is the simplest form of gratitude."

– Karl Barth

"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well."

– Voltaire

"Gratitude is when memory is stored in the heart, not in the mind."

– Lionel Hampton

2 Do you agree with the text and the quote? Discuss with a partner.

"Now is no time to think of what you do not have. Think of what you can do with what there is."

– Ernest Hemingway

Ernest Hemingway said something really smart that can help us when things get tough. He said, "Don't focus on what you don't have. Instead, think about what you can do with what you do have."

What does that mean? Well, it's like this: sometimes, when things aren't going well or we wish we had something else, Hemingway tells us not to be sad about it. Instead, he wants us to look around and see what we already have.

Imagine you're trying to build something with LEGO, and you don't have all the pieces you want. Hemingway would say, "Don't be sad about the missing pieces. Look at the pieces you have and see what an awesome thing you can create with them."

He wants us to be like problem-solving superheroes! Instead of complaining about what's not there, Hemingway says, "Think about what you can do with what you already have." It's like turning a tough situation into a chance to be creative and make the best of things.

So, next time you're facing a challenge or feeling like you're missing out on something, remember Hemingway's advice: be thankful for what you do have, and think about the cool things you can do with it. It's a superpower to focus on what you can do right now, with the tools and talents you already possess.



Ernest Hemingway (1899–1961) was an American novelist and short story writer, widely considered one of the most influential writers of the 20th century. Known for his distinctive writing style characterized by simplicity and understatement, Hemingway gained fame for works such as "The Old Man and the Sea," "A Farewell to Arms," and "For Whom the Bell Tolls." He was awarded the Nobel Prize in Literature in 1954.

- 3 In the light of the Vietnamese proverb below, discuss the question and the answer in the following text. How should people show their gratitude?

“When eating fruit, remember the one who planted the tree.” – Vietnamese Proverb



When we purchase goods at a store, we pay its price and say “thanks” to the cashier. Yet, these goods are made available to us through a management of a whole set of efforts, knowledge, and power, in which the cashier’s role is only minimal. If we say “thanks” to the cashier, how can we show our gratitude to that management? What would be its price?

Indeed, the real price of all these amazing goods that are produced to the best of our liking is much higher than what we give to the cashier. We would be able to pay the price of all those beautiful goods by doing three things while we are using them: First, we acknowledge the reality of the management as we begin using those goods. Then, when we are finished using them, we express our gratitude. And the third thing to do would be to constantly contemplate on this complex chain of actions as a result of which these goods are produced for our benefit.

Thanking a cashier, but not acknowledging the manager who brings all that operation together, would be like when the king of a land sends you a gift, in return you only praise the king’s servant for delivering the gift, but not appreciate the king at all. How great a disrespect it would be if we fail to recognize someone who admired us and sent us a priceless gift through an assistant. It would even be more disrespectful to praise the assistant while forgetting the true person who sent the gift.

- 4 Match the following proverbs with their explanations.

- 1 Count your blessings
- 2 Gratitude is the sign of noble souls
- 3 He that is hard to please, may get nothing in the end
- 4 It’s the little things that count

- a It means that if someone always wants more, or they always want something better and they are never satisfied with what they have, they may end up getting nothing.
- b This is often said when someone is complaining about their circumstances, and this reminds them that just because one thing is going wrong, doesn’t mean everything is going bad and you should be grateful for what you do have.
- c This is sometimes said when someone is feeling sorry for themselves, or complaining that they don’t have the biggest and most material possessions; like the latest car or newest clothes.
- d In other words people who are happy with and are thankful for what they have, have good qualities; such as generosity, honesty and others.

- 5 Find the meanings of the following proverbs and give examples. The first one is done for you.

- 1 Don’t look a gift horse in the mouth.

Meaning: It means when someone gives you a gift, be thankful and do not question its value as if it was not a good-enough gift. This expression originally referred to looking at a horse’s teeth which is a way to tell a horse’s age.

Example: If someone is kind enough to give you a gift, just say “thank you.” Don’t look a gift horse in the mouth.

- 2 Never take anything for granted.
- 3 Thanks cost nothing.
- 4 The grass is always greener on the other side of the fence.

REFLECTIONS



- 1 Cover the table below with a piece of paper. Discuss with your partner and write down some verbal expressions of gratitude.

NOTE

Sincerity is key when expressing gratitude.

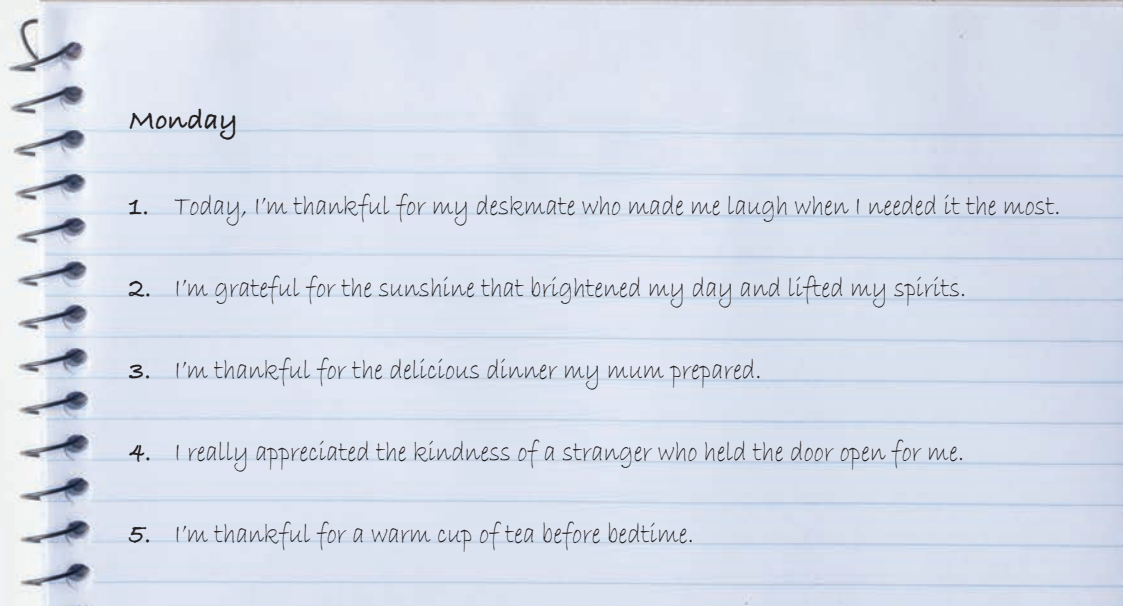
- 2 Show or express your gratitude to yourself or others by practicing the following verbal expressions. You can also add some other expressions to the following list.

Simple Thanks: Thank you! Thanks a lot! Thanks a million!	Grateful Phrases: I feel lucky to have your support. I'm so grateful for your unwavering support during challenging times. It's a blessing to have you as a friend who always lends a helping hand.
Appreciation: I appreciate it. I'm grateful for your help. Your support means a lot to me.	Polite and Formal: I want to express my sincere gratitude. I'm truly thankful for your assistance. Please accept my heartfelt thanks.
Specific Acknowledgment: I want to thank you for... I'm thankful for the way you... Your timely assistance really made a difference.	Positive Impact: Your kindness has had a positive impact on me. I'm thankful for the positive influence you've had. Your generosity has touched my heart.
Acknowledging Effort: I can see how much effort you put into this. Your hard work does not go unnoticed. I'm impressed by your dedication.	Teamwork Appreciation: Thank you for being a great team player. I appreciate our collaborative efforts. We achieved this together, and I'm grateful.
Recognition: I recognize and value your contributions. Your commitment hasn't gone unnoticed. I wanted to acknowledge your outstanding work.	Personalized Gratitude: I wanted to let you know how much I appreciate your dedication to the project. Your kindness has been a source of inspiration. Your support has been invaluable to me.

3 Replace the expressions highlighted in red in the table with new expressions and write new sentences conveying gratitude.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

4 For a week, keep a gratitude journal where you can write down things you are thankful for each day. Then share it with your class.



FURTHER READING

- 1 Read the following text and answer the questions.



FEELS LIKE PARADISE

In a humble village on the outskirts of a mountain, a peasant was weary of the chaos in his small one-room house. He visited a wise man, who was known for his in-depth wisdom and eccentric methods, for help.

The peasant poured out his troubles, "Please, wise sage! Please, help me! The overcrowded living conditions at our home have pushed us to the edge of madness. My wife, my children, and even my wife's relatives are all like cats on a hot tin roof! The constant noise and fights make our home feel like a hellish prison!"

The wise man listened intently and then said in a serious tone, "I am going to help you, but you must swear to follow my guidance without question. Do you promise to do as I tell you?"

Desperate for relief, the peasant excitedly replied, "I do, sir! I will do whatever you say! Please, bring harmony back to our home!"

The wise man nodded and thought for a moment before continuing, "Very well. Tell me, how many animals do you have?"

The peasant thought for a moment, then replied, "I have a cow, a goat, and six chickens, sir."

The wise man's eyes beamed with a naughty spark as he revealed his eccentric solution: "Bring all of your animals into your one-room house. Keep them there for a week, and then come back here to tell me the result."

The peasant was stunned by the wise man's advice but, true to his word, he gathered his cow, goat, and chickens and brought them into his already crowded house. The week that followed was full of mess and misery in a room crammed with filth, stench, and noise. The once-tight-knit family was at their breaking point.

Desperate, the peasant rushed back to the wise man at the end of the week, with pain and grief. "We are ruined!" he cried. "The suffering we endured was unbearable! The filth, the stench, the noise – it was as if we were trapped in a never-ending nightmare!"

The wise man, with gentle wisdom in his eyes, calmly replied, "Now, my friend, go back to your home and remove the animals from your house."

Filled with hope, the peasant sprinted back home to restore peace and tranquility to his family. As he removed the animals from the cramped room, an incredible transformation started to happen. The once chaotic room began to breathe with peace and quiet. The air became pure, the space expansive, and an overwhelming sense of calm settled upon the house.

The following day, the peasant returned to the wise man, his eyes shining with joy and gratitude. "Oh, wise sage, how beautiful life is now!" he exclaimed. "With the animals outside, our house has become an oasis of peace and calm. It is so quiet, so clean, and so spacious. It feels like a true paradise!"

From that day forward, the peasant and his family cherished the fresh simplicity and peace in their humble house. In true gratitude for what they have, they stopped turning small matters into fights and found harmony by thankfulness.

The wise man's unusual solution had taught them a valuable lesson in gratitude: Sometimes, chaos helps one to truly appreciate the calm and quiet one has.

- 1** How did the chaotic living conditions in the peasant's house affect the relationships among family members?
- 2** What does the wise man's requirement for the peasant to follow his guidance without question reveal about the peasant's desperation?
- 3** How did the presence of the animals in the one-room house contribute to the suffering and misery experienced by the peasant and his family?
- 4** What does the transformation of the once-chaotic room into a peaceful and calm space symbolize?
- 5** How did the experience with the animals inside the house change the peasant's perception and gratitude on the value of peace and tranquility?
- 6** In what ways did the peasant and his family's gratitude and appreciation for their transformed living conditions show in their behavior and interactions with each other?