

GRATITUDE

DAY 1

Good morning and welcome to *The Principal's Principles*. **GRATITUDE** means being thankful for someone or something. Have you ever wondered what it would be like to have superpowers? It's fun to imagine being able to see through solid brick walls like Superman, or sail through the air like Spiderman. While those are just pretend powers, there is a real super power available to you and me. This power is free to everyone and is simple to use -- it is the power of gratitude! Studies show that people who feel gratitude and say "thank you" regularly are happier, healthier, and accomplish more. Let's start our week off with REAL power and tell someone "thank you" today. Gratitude can help make today a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. Thank you for starting our week off with the power of **GRATITUDE**. We are going to continue powering ____ (school name) with thankfulness all week long. Today's challenge is to pick five things that make you happy and write them down or draw pictures of them on a piece of paper. Choose anything that makes you feel good, such as: "I made a good grade," or "My friend smiled at me," or "I get to eat pizza for lunch!" Remember -- when you feel grateful, you actually feel happier. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Have you ever seen a boomerang? Boomerangs are often "V" shaped pieces of wood that when thrown correctly, fly through the air away from you and then come right back. **GRATITUDE** is a boomerang principle, because the good feelings that start when you say "thank you," always seem to come back and make you feel better too. Count how many times you hear someone say "thank you" today. Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. When the Pilgrims landed in America, they had a very difficult time getting settled. Their governor, William Bradford, described their challenges as "**a sea of trouble . . . [in] a desolate wilderness full of wild beasts and wild beings.**" They tried to build their homes in the middle of freezing winter snows. There was not enough food, and many of them starved. Over half of the Pilgrims died that first winter. Even with all their problems and sorrows, they set aside a special time to show **GRATITUDE** for their blessings. That next fall, the Pilgrims invited their new Native American friends to a feast that lasted three days! Taking time to be thankful is very important -- on Thanksgiving Day and every day! Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. There has been a great power increase at ____ (school name) this week as we have strengthened our understanding of **GRATITUDE**. Continue building an attitude of gratitude throughout the coming weekend. Remember, you are the only one who chooses how you think, feel and respond to a situation. Every time you feel thankful and say "thank you," you are strengthening your gratitude attitude! And that helps fill our school and community with positive power! Make it a fabulous day!