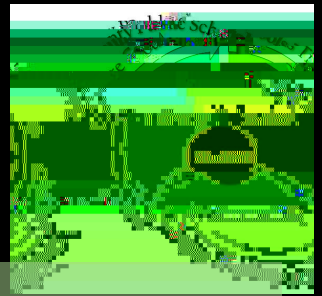


# OF SCHOOLS



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ter friendships, and you will get along even better with your family. When you make others feel good, it makes you feel good and then everyone feels good!

Being thankful gives you confidence

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you more self-esteem. This means that you will be more confident and less worried about comparing your-  
self to others. Being grateful is contagious and others will want to be grateful just like you!

Thankfulness makes you a mortnes lheino

As the holidays grow near many of us are looking forward to time spent with family gathered around the table or just laughing together and making memories. The sights, the smells, the excitement of little ones, and catching up or telling old stories.