

# MY HEART IS FULL

Gratitude means being thankful. Practicing being grateful for the many good things in your life can make you feel happy. We sometimes think we can't be happy until we get something more. Being grateful helps you appreciate what you do have instead of what you don't.



**CREATE** a heart shaped collage using pictures of things that make you happy. Begin by making a short list of things in your life that you are grateful for. Find pictures and cut them out. Arrange them in the shape of a heart and glue them into place.



**PRESENT** your collage to the class. Talk about the things you have included and why you are grateful for them. Explain how you worked with the images to make the composition flow. Talk about what else you could have added and why you decided not to. Discuss how making the collage made you feel.



**RESPOND** to your classmates' collages. Notice the kinds of things people included in their work. What kinds of things are your classmates most grateful for? Talk about how others' choices are similar or different than yours. Discuss things that interest you about the compositions and the choices.



**CONNECT** the message in your collage with how you felt while making it. Stand back and view the collage with fresh eyes. What goes through your mind as you look at it? Do you remember an event that happened in connection with each image? Why are you grateful for those experiences? Does looking at the collage make you feel grateful and happy? How can you use your collage when you are feeling sad or anxious?