

# Experiencing Gratitude

"When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself."

—Tecumseh

"Gratitude is the beginning of wisdom. Stated differently, true wisdom cannot be obtained unless it is built on a foundation of true humility and gratitude."

—Gordon B. Hinckley

## **Lesson Plans on Gratitude:**



*Positive Psychology in the Classroom.*

<https://edtechbooks.org/PositivePsychologyintheClassroom>