



# Hope at Hand

## “Gratitude/ Free Verse”

### Directions

1. Start: by reading the inspiration quote, “ Learn to be Thankful”.
2. Read: the poem “ Be Thankful”. Have the students underline what line is most meaningful to them.
3. Write: What you are grateful for in your life, who supports you, what have been some of your setbacks, and how you have grown from these. Talk to the students about how you can change your attitude about gratitude.
4. Optional: Have the students share some of what they have written.
5. Make a gratitude circle. In the middle, you write “ I am grateful for”. Make lines coming out of the circle and write all the words to support what you are grateful for. Feel free to decorate with colors, shapes, and doodles. Remind the students to hang this up to remind them daily of gratitude.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

White cardstock or optional template,  
markers and pens/pencils.

## **Gratitude**

Quote by Jim Rohn

“Learn to be thankful for what you have while you persue all that you want”.

## **Gratitude**

Quote by Jim Rohn

“Learn to be thankful for what you have while you persue all that you want”.

## Be Thankful

by unknown

Be thankful that you don't already have  
everything you desire,  
If you did, what would there be to look forward to?  
Be thankful when you don't know something,  
For it gives you the opportunity to learn.  
Be thankful for the difficult times,  
During those times you grow.  
Be thankful for your limitations,  
Because they give you opportunities for improvement.  
Be thankful for each new challenge,  
Because it will build your strength and character.  
Be thankful for your mistakes,  
They will teach you valuable lessons.  
Be thankful when you're tired and weary,  
Because it means you've made a difference.  
Be thankful for your past relationships,  
Someone better suited to you is waiting out there.  
It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those  
who are also thankful for the setbacks.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.

## Be Thankful

by unknown

Be thankful that you don't already have  
everything you desire,  
If you did, what would there be to look forward to?  
Be thankful when you don't know something,  
For it gives you the opportunity to learn.  
Be thankful for the difficult times,  
During those times you grow.  
Be thankful for your limitations,  
Because they give you opportunities for improvement.  
Be thankful for each new challenge,  
Because it will build your strength and character.  
Be thankful for your mistakes,  
They will teach you valuable lessons.  
Be thankful when you're tired and weary,  
Because it means you've made a difference.  
Be thankful for your past relationships,  
Someone better suited to you is waiting out there.  
It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those  
who are also thankful for the setbacks.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.







