

November 2017 | RABBIT

GRATITUDE

Letting others know you see
how they've helped you



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SHOW GRATITUDE BY:

- Telling the cafeteria workers 'thank you' when they give you food.
 - Starting an 'attitude of gratitude' journal.
Add at least one item you are grateful for each day.
 - Writing a thank you card to a friend.



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RABBIT

YELLOW

NEWSLETTER

SAY IT:

Gratitude is letting others know you see how they've helped you.

KNOW IT:

Ask a kid:

- When is the last time you thanked your parents for helping you with your homework, or for buying you sports equipment, or for taking you to a movie, etc.?
- Who are three people who have helped you? How could you show them gratitude?

Ask a grown up:

- Who are some people who have helped you the most in your life? How have you shown them gratitude over the years?
- What are specific ways you have shown gratitude to people other than simply telling them thank you?

SEE IT:

On YouTube, look up https://youtu.be/T-Shoem_iZg.

This video is about Pharrell Williams, a successful singer-songwriter and producer and how he shows his gratitude to his alma mater and former teachers. Even though he is a celebrity and travels all over the world, he still makes it a priority to travel back to his hometown and thank the people who helped him get to where he is today.

BE IT:

Choose a day this month to visit your local police station or fire department and deliver a sweet treat, small gift or handmade thank you note to let those men and women know that you appreciate all they do to protect and serve your family and community.

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Of several kinds of cottontail rabbits – all with the famous “cotton ball” tail – the eastern cottontail is the most common. It’s found hopping from South America to Canada and from the Great Plains to the East Coast. Coat colors range from gray to reddish brown, making bunnies hard to spot in brush.

They are mostly solitary animals except when breeding and raising young. A female cottontail usually has three to eight babies, called kittens, in a litter. She might have 30 babies in a year! Rabbit kittens are born blind, helpless, and nearly hairless, and many don’t survive their first year. They spend the first few weeks in their underground nest, and are self-sufficient at four or five weeks old.

Cottontails like grassy areas with shrubs and trees, and soft soil for digging burrows. They stay hidden during the day and

come out at dusk to feed on grasses and herbs throughout the night. In winter, they might eat buds and twigs and bark.

Oversized ears and eyes on the sides of their heads help them stay alert to predators such as foxes, hawks, owls, weasels, bobcats, and minks. If chased, they flee by hopping and zig-zagging, reaching speeds up to 29 km/h (18 mph) for short stints. They also avoid detection by blending in with their surroundings and remaining still.

“Thank your mother for the rabbits” is a friendly farewell phrase with roots in England and Australia, though its exact origin and meaning are unclear.

GRATITUDE: *Letting others know you see how they’ve helped you.*



Vegetable gardeners know that rabbits are grateful for summertime salad bars.



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“ *Gratitude is the most exquisite form of courtesy.*

— Jacques Maritain

“ *In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.*

— Dietrich Bonhoeffer

“ *One can never pay in gratitude; one can only pay 'in kind' somewhere else in life.*

— Anne Morrow Lindbergh

“ *When we give cheerfully and accept gratefully, everyone is blessed.*

— Maya Angelou

“ *When it comes to life the critical thing is whether you take things for granted or take them with gratitude.*

— G. K. Chesterson



Big Idea in Books



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Miss Dorothy and Her Bookmobile by Gloria Houston (K-5)

The Monsters' Monster by Patrick McDonnell (K-5)

Albert the Fix-it Man by Janet Lord (K-3)

Bear Says Thanks by Karma Wilson (K-3)

The Thankful Book by Todd Parr (K-2)

Splat Says Thank You by Rob Scotton (K-3)

Franklin's Thanksgiving by Sharon Jennings (K-3)

One is a Feast for Mouse by Judy Cox (K-5)

Thanks a Million by Nikki Grimes (K-5)

Gracias by Pat Mora (K-3)

Mary's First Thanksgiving by Kathy-Jo Wargin (3-5)

Thank You for Me! by Marion Dane Bauer (K-2)

My Mom is Trying to Ruin My Life by Kate Feiffer (2-5)

Look and Be Grateful by Tomie DePaola (PK-1)

Did I Ever Tell You How Lucky You Are? by Dr. Seuss (K-4)

Fish in a Tree by Lynda Mullaly Hunt (4-6)

An Awesome Book of Thanks by Dallas Clayton (K-3)

Gratitude on Line

<https://www.youtube.com/watch?v=u-4yd7ynTmA&app=desktop>

Title: Gratitude Virtue Video
Length: 2:04
Grade Level: K-5

<https://www.youtube.com/watch?v=m5yCOSHeYn4&app=desktop>

Title: Kid President's 20 Things We Should Say More Often
Length: 3:31
Grade Level: K-5

<https://www.youtube.com/watch?v=awNeI2J-gMw&app=desktop>

Title: Thankfulness
Length: 4:58
Grade Level: K-5

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>

Title: Kid President's 25 Reasons To Be Thankful!
Length: 3:46
Grade Level: K-5

<https://www.youtube.com/watch?v=DKT5ETUlvJM>

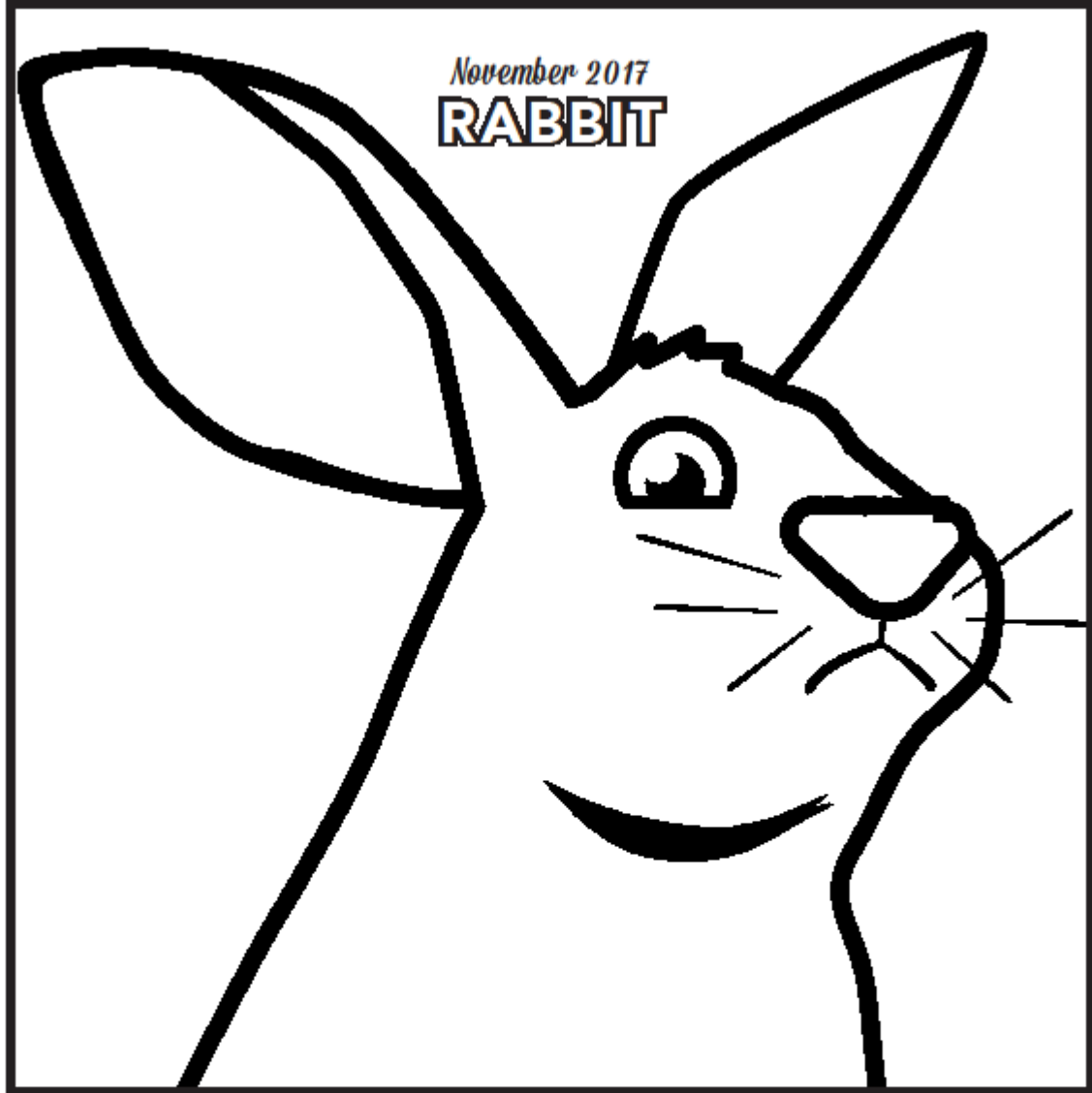
Title: Gratitude Kids
Length: 2:19
Grade Level: K-5

GRATITUDE

_____ is letting others know you _____
how they've _____ you.

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