

THIS TIME OF YEAR IS PERFECT TO TAKE A MOMENT TO RECOGNIZE  
AND BE GRATEFUL FOR ALL THE SMALL THINGS,  
THE IMPORTANT THINGS THAT SOMETIMES GET OVERLOOKED.  
SOME OF THE BEST BLESSINGS IN LIFE ARE THE LITTLE THINGS WE MAY FAIL TO RECOGNIZE.

**WHAT IS GRATITUDE?**

GRATITUDE IS A THANKFUL APPRECIATION FOR WHAT AN INDIVIDUAL RECEIVES,  
WHETHER IT'S TANGIBLE OR INTANGIBLE.

GRATITUDE IS GOOD FOR YOU. THERE ARE SO MANY THINGS TO BE THANKFUL FOR.  
FROM THE SEASONAL LATTES TO COLORFUL LEAVES, THERE'S NOTHING QUITE LIKE FALL.  
ALTHOUGH WE MAY MISS THE WARMER WEATHER, THIS SEASON REMINDS US THAT  
THERE ARE SO MANY THINGS TO BE GRATEFUL FOR.  
AN ATTITUDE OF GRATITUDE IS A POWERFUL MENTAL TOOL TO PRACTICE POSITIVITY  
AND INCREASE OUR FEELINGS OF WELL BEING, EVEN WITH DAYLIGHT WANING.  
WITH THE HOLIDAYS RIGHT AROUND THE CORNER, IT'S THE PERFECT TIME TO  
REMEMBER THINGS TO BE GRATEFUL FOR EVERY DAY.  
WHETHER THOSE THINGS ARE BIG OR SMALL - THEY CAN GIVE YOU A MUCH NEEDED BOOST!

GRATITUDE IS A WONDERFUL TRAIT THAT KEEPS ON GIVING.  
IT TURNS WHAT WE HAVE INTO ENOUGH AND MORE.  
IT ADDS EXPONENTIALLY TO OUR OWN HAPPINESS.  
IT IMPROVES OTHER'S LIVES IN LARGE AND SMALL WAYS WHEN WE TAKE THE TIME TO  
SINCERELY THANK SOMEONE FOR THEIR KINDNESS.  
IT CHANGES THE WAY WE SEE THE WORLD AND THEREFORE, THE WAY WE EXPERIENCE IT!

ONE THING I'M GRATEFUL FOR IS:  
THE BEAUTY OF NATURE. MOTHER NATURE IS QUITE THE ARTIST AND I'M GRATEFUL  
I GET TO WALK IN THIS WORLD AND ADMIRE HER HANDIWORK.

TODAY - AND EVERY DAY - ALL OF US AT KIDDIE ACADEMY OF ST. LOUIS  
ARE GRATEFUL FOR ALL OF YOU IN TRUSTING US WITH YOUR MOST PRIZED POSSESSIONS.