

A Is for Appreciation

Appreciation is a way that you can let others know how grateful you are for the things they have done for you. You can show appreciation by taking notice of the things others do for you, and thanking others for the ways they help you. Appreciation makes others happy because it tells them that you care about them and what they do.

Put it into action:

Think of someone who does something for you that you appreciate. Take some time to draw a picture for or write a note to that person to let them know how much they mean to you.

