

Name \_\_\_\_\_

## 1 Read and identify. What actions does the article recommend?

### Gratitude

Being grateful, or thankful, means being full of thanks or gratitude. **According to** some people, being grateful can make you feel happy. Some scientists spend a lot of time studying gratitude. They have got a lot of information about the connections between gratitude and happiness. They say that when people practise being grateful, they become happier. How do you practise being grateful? Here are some suggestions:

1) Write thank-you notes. People do good things for you, for others and for the environment every day. Express gratitude to those people with thank-you notes.

2) Keep a gratitude **journal**. Every day, write about what makes you feel thankful. You don't need to write a lot, and you can write about anything. There are no **rules** about gratitude.

3) Meditate. There are lots of different ways to meditate, or focus on something. One way is to spend a few moments focusing on something that makes you feel grateful.

You don't always need to plan or practise being grateful, but it helps. Try the suggestions, and you might make being happy your favourite **pastime!**

## 2 Read and tick (✓) the main idea of the article.

- what it means to be grateful
- how to practise being grateful

## 3 Read and complete the sentences.

1. Being grateful is another way to say being thankful.
2. Some people think that being \_\_\_\_\_ can make you happy.
3. There are connections between \_\_\_\_\_ and gratitude.
4. There are \_\_\_\_\_ who spend a lot of time studying gratitude.
5. The article offers three \_\_\_\_\_ for how to practise being grateful.
6. You can write notes, keep a journal or \_\_\_\_\_.
7. It's not always necessary to practise being grateful, but it \_\_\_\_\_.



**4 Think Fast!** Answer in your notebook. What makes you feel grateful?

## Glossary

**according to:** as stated; as reported

**journal:** a diary; a personal record of events

**rules:** statements that tell you what is or isn't allowed

**pastime:** a hobby