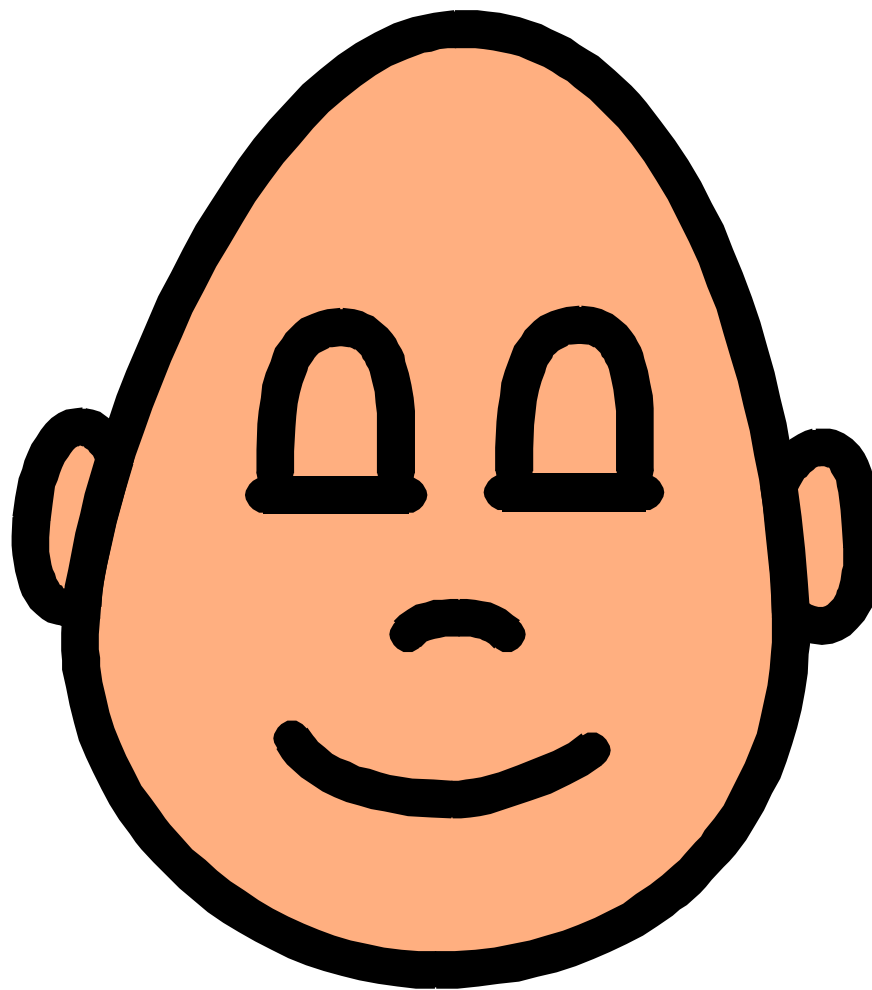
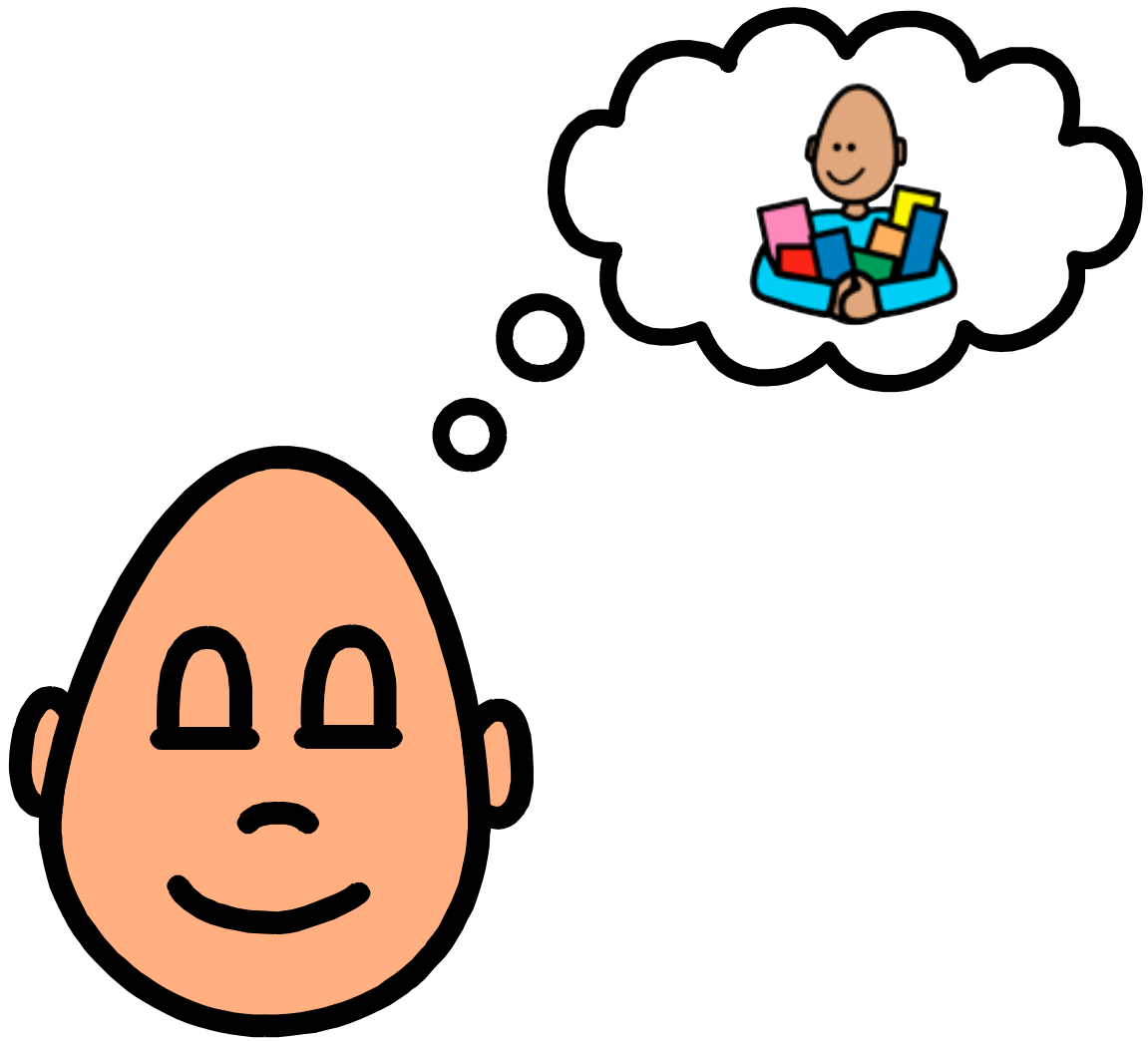


# What is Thankful?





Thankful is a feeling. When people feel thankful they feel good about the things they have.



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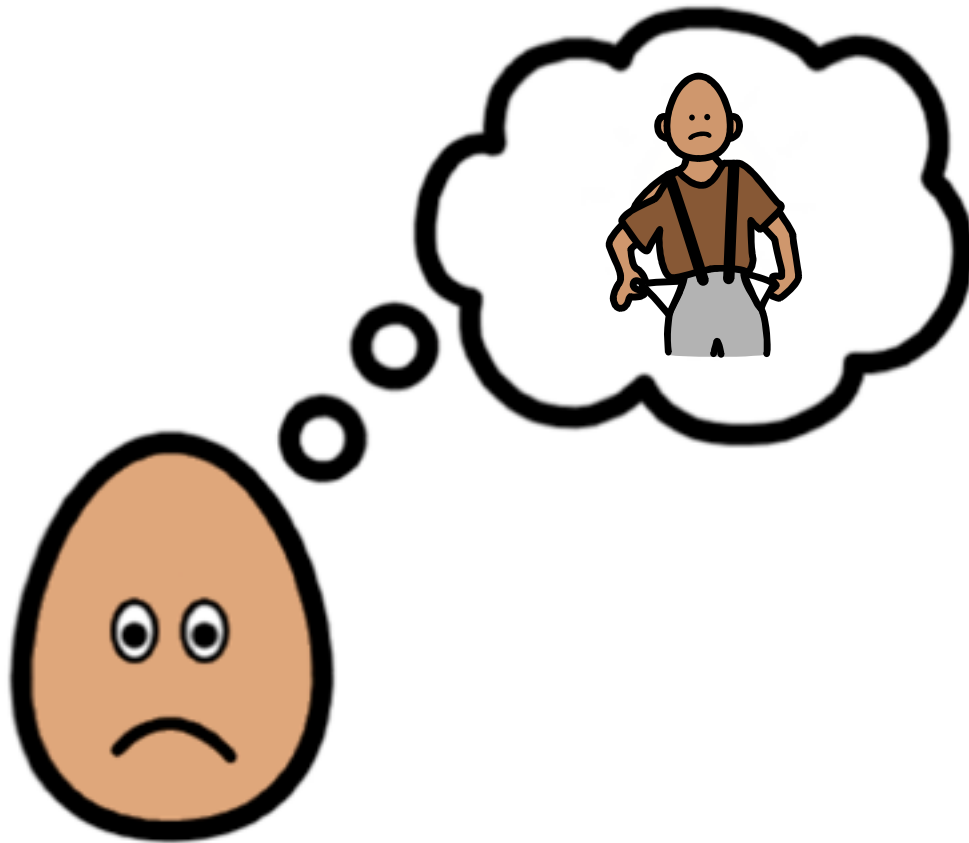


It can be difficult to feel thankful every day. Our brains are usually busy thinking about things like school or work. Sometimes our brains are too busy to think about the good things we have.



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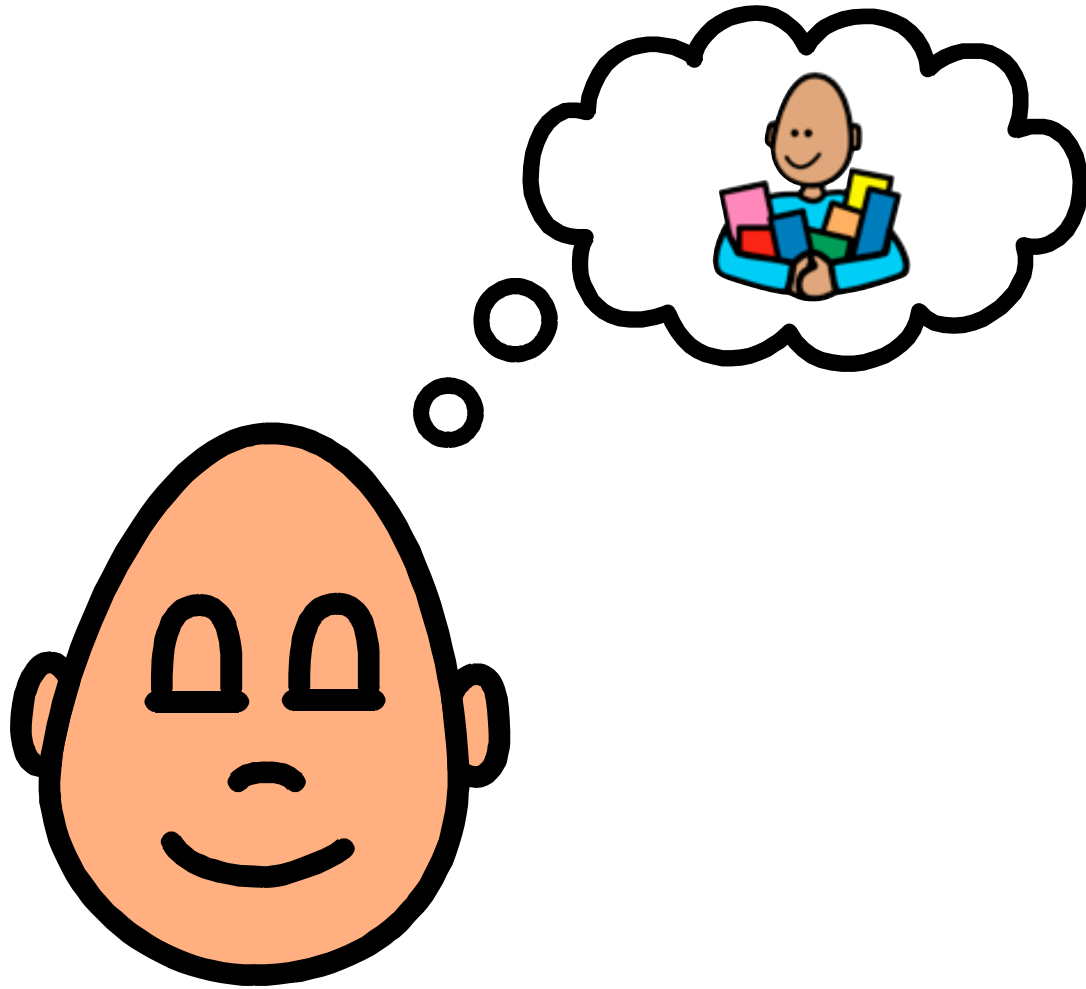
Sometimes we don't know that many people in the world don't have the good things we have. When we have enough food to eat every day, we might not know that many people do not have enough to eat.

Sometimes thinking about people who do not have good things in their lives helps us to feel thankful.



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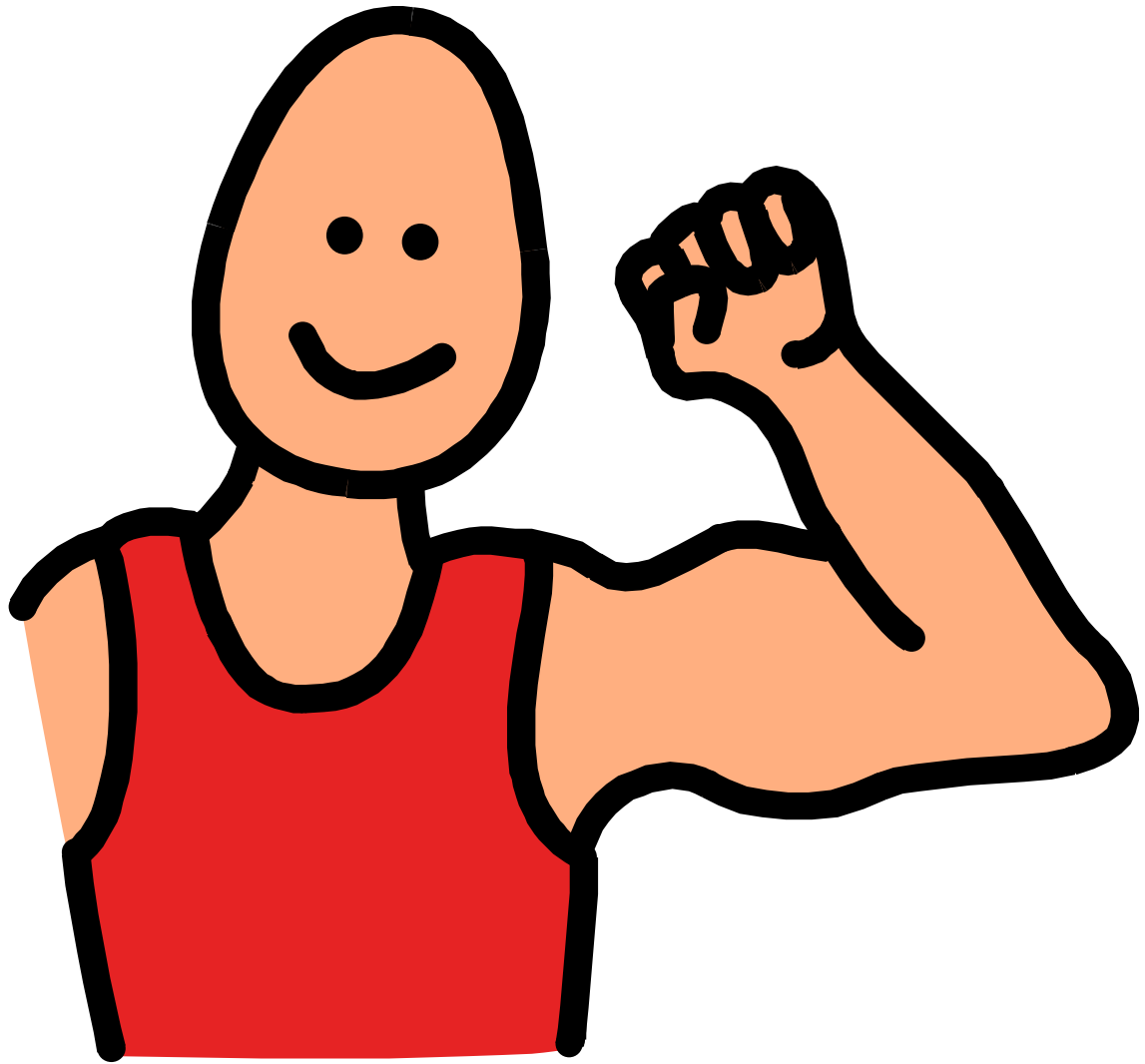


This is why we have a holiday called Thanksgiving. On Thanksgiving we do not go to school and we do not work. On Thanksgiving we try to think about the good things we have, and we try to feel thankful.



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It makes us feel good to think that we are alive and have healthy bodies. We feel thankful.



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It makes us feel good to know that we have comfortable homes and warm clothes to wear. We feel thankful.



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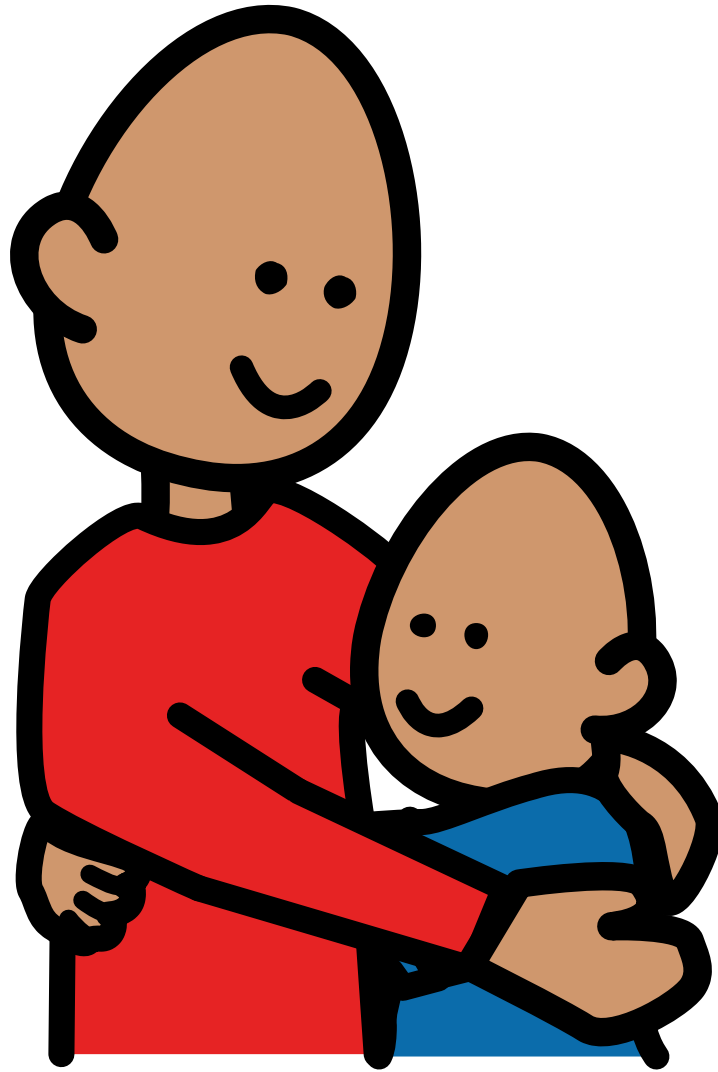
It makes us feel good to know that when we are hungry we have enough food to eat. We feel thankful.



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It makes us feel good to know that there are people who love us and care about us. We feel thankful.

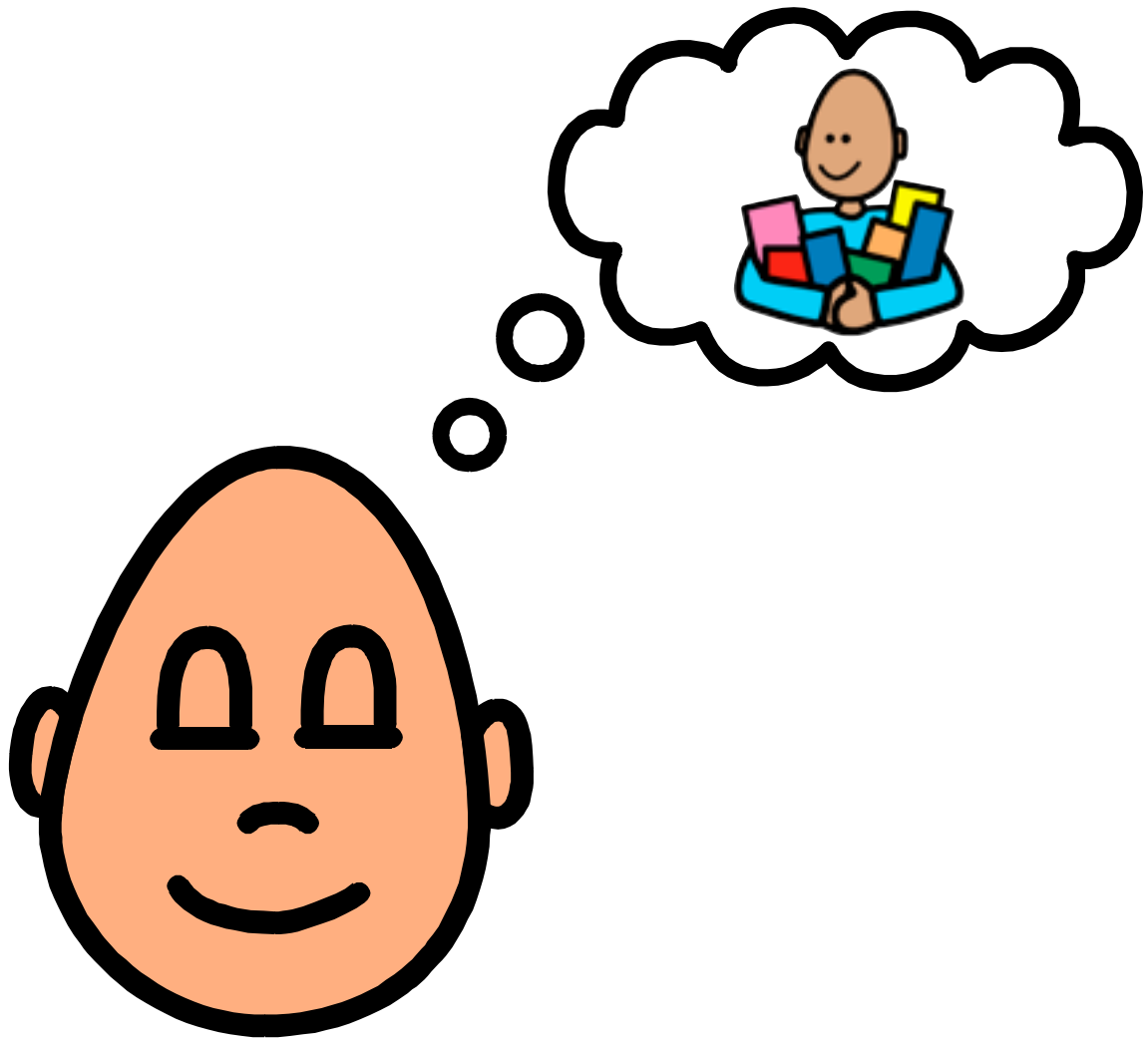


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It makes us feel good to know that we have fun toys and books to keep us busy. We feel thankful.



There are so many things to feel thankful for!



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What makes you feel thankful?



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