

LESSON 5

My gratitude

What experiences have I had that I am grateful for?

What have others in my life done that I am grateful for?

What opportunities do I have that I am grateful for?



LESSON 6

Empathy 101

As we grow up, we have obstacles in our way that may stop us from being empathetic. What are **three strategies** to overcome these obstacles? Write them down here and try one out next time you are faced with a hurdle.

1. Obstacle: _____

Strategy to overcome obstacle: _____

2. Obstacle: _____

Strategy to overcome obstacle: _____

3. Obstacle: _____

Strategy to overcome obstacle: _____

