

College & Career Readiness ...Life Skill description:

Skill: Gratitude

Definition:	the quality of being thankful; readiness to show appreciation for and to return kindness. "she expressed her gratitude to the committee for their support" <i>synonyms:</i> gratefulness, thankfulness, thanks , appreciation , indebtedness;
Culture of the word	The benefits of gratitude aren't only available to people with a naturally grateful disposition. Instead, feeling grateful is a skill we can develop with practice, reaping its rewards along the way.
Reference:	http://greatergood.berkeley.edu/article/item/why_gratitude_is_good
Source:	
Video:	https://youtu.be/BV3prvuhel8
Capacity:	Why is gratitude important? Studies have shown that people who keep gratitude journals tend to be more physically active, are more optimistic, and have higher reported levels of energy and enthusiasm. Furthermore, grateful people tend to live longer and engage in more pro-social behaviors than do less grateful individuals. Studies show that children and adolescents who practice gratitude are more engaged in school, are more involved in their communities, are less materialistic, have a greater sense of purpose, and are taking better care of their health.
Additional information	Dr. Sonja Lyubomirsky explores strategies to cultivate gratitude and happiness in her book The How of Happiness: A New Approach to Getting the Life You Want . Drs. Jeffrey Froh and Giacomo Bono explore the developmental emergence of gratitude in Making Grateful Kids: The Science of Building Character

