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Some of the things I'm really thankful for are family, friends and emotions. One of the reasons I'm thankful for my family is that they love me no matter what. For example, sometimes I'm very moody or I'm very cranky, and they still love me. They understand me and try to make me feel better. Our family motto is "You are home, you are safe and you are loved" that always comforts me a lot when I feel very sad or unsafe.

One thing that I really like about having friends is that you know that you could confide in them no matter what. They won't hurt you or lie to you. You also know that they will be there for you even in the hardest times. That is why I try to make as many friends as I can.

I'm also thankful for emotions. Sometimes emotions protect you, like when someone is trying to hurt you, emotions protect you by making you defensive. They tell you that you have to step up, or stand up for yourself. I think of emotions as a creature inside of you, trying to protect you.