

I am Thankful

by Savannah Vaccaro

There are many qualities that I am thankful for this Thanksgiving. The qualities that I am thankful for are empathy, gratitude, and love. Without these qualities, how can you be thankful? This Thanksgiving I am going to try to not take advantage of everything. Sometimes I take advantage of what I have and think it is normal but many people aren't as lucky as me.

One of the qualities that I am thankful for is empathy. Empathy is the ability to understand and share the feelings of another. I am thankful for empathy because when your upset or mad or your just not feeling right empathy gives you the ability for people to understand what you are feeling. When people understand what you are going through they could help you feel better like cheering you up if you are sad. Empathy has a big impact on me and my life.

Another quality that I am thankful for is gratitude. Gratitude is to show appreciation for and to return kindness. Gratitude gives me the ability to be thankful for everything I have and in return be kind to others. Gratitude helps you focus on what you have instead of what you don't have. I think gratitude is a very important quality.

In addition to empathy and gratitude, love is a quality that I am thankful for. Love is something that can not be proven but in our hearts we feel love. Love makes you feel good inside

and if your sad will even cheer you up. Spreading love is such a nice and kind thing to do and I encourage everyone to spread love among everyone.

I am very thankful for all these qualities. These qualities have a very important role in my life. This Thanksgiving when we are going around the table saying what we are thankful for I am going to say these qualities. HAPPY THANKGIVING EVERYONE!