

***My Thankful Qualities***  
***by Skylar Ronayne 7B***

You need to have qualities to be thankful. Three are grateful, kind, and empathy. Being thankful is great! That is why you need qualities.

Being ***grateful*** is a positive emotion one can express when feeling thankful for something. Being grateful shows much more than good manners. It's a practice that requires acknowledging someone else's gestures towards us or the things that are going well in our lives. Being grateful can make you happy. It can make you happy by knowing that you are happy with the way you are living. I am grateful for how I am living and how happy I always am. That is what being grateful means.

Being ***kind*** is something that anyone can do if they do it right. To be kind you just have to treat people the way you want to be treated and people will find you kind. It's a quality that requires you to be kind hearted. Being kind can make you feel good about yourself. It can make you feel good about yourself if someone calls you kind. I am kind because I always help people and do good things without being told. That is what being kind means to me.

The last quality I have is having ***empathy***. Empathy is a broad concept that refers to the cognitive and emotional. It is used to describe a wide range of experiences. Emotion researchers generally define empathy as the ability to sense other people's emotions or to imagine what someone else might be feeling. An example of empathy is when someone is talking you give them your full attention and respect them. I have empathy when someone is trying to say something important and no one is listening, and I can see they are upset. I show respect and I listen to them. That is what having empathy means.

This should explain my qualities that I have to be thankful for during this Thanksgiving.. They are grateful, kind, and empathy. This shows how being grateful is great. This is why you need qualities.