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Grade 4

Thankful Essay

"The heart that gives thanks is a happy one." Thanksgiving is a time to give thanks. It is important to be thankful. Thankful means to appreciate things you have in life. You can make someone's day by saying or showing that you are thankful for them. I am thankful for my family, friends, education, and nature. Appreciating my blessings makes me happiest and makes me realize just how truly blessed I am.

"Family is not an important thing, it's everything." I am thankful for my family because they are always there for me. They provide me with love, support, guidance, and a sense of belonging. My mom especially provides for me. She is a source of great strength, unconditional love, support, selflessness, and plays a big role in teaching me life lessons. My mom is always there to give me advice and to make sure I am happy. My dad provides me with love, and laughs. My brother is my built-in best friend. He makes me laugh, he is always there for me, and he is always cheering me on. My family is everything to me and is my greatest gift.

"It's not where you are in life, it's who you have by your side that matters." I am thankful for my friends because they support me during difficult times, they give honest advice, and they bring joy and laughter into my life. We share secrets, talk, help each other, and play games. One of my friends even comes to my cheer competition to cheer me on each year. I have the best friends ever and am forever thankful to have them by my side.

"Learning is a treasure that will follow its owner everywhere." I am thankful for my school community, my principal, my teachers and for the blessing of being able to attend OLGC. I am thankful that my family sends me to OLGC. At OLGC, I learn much more than school subjects, I learn about faith, about being a good person, and learn important life lessons that will be with me forever. I am thankful for sports because I learn new skills, I learn about teamwork, and I learn

to have good sportsmanship. In soccer, I learn to pass the ball, be kind, and be aggressive while not hurting anyone. In cheerleading, I learn to trust my teammates, always smile, and have good sportsmanship.

"In every walk with nature one receives far more than he seeks." I am thankful for nature because it provides essential life support like air, water, and beauty. There is also great peace in being in and one with nature. I appreciate going to the beach and listening to the waves hit the shore, and going skiing in the most scenic mountains. I am also thankful for everyday nature like the leaves turning and the changes of season.

I am thankful for family, friends, education, and nature. To me being thankful means to recognize the good in my life. One final lesson I've learned about gratitude is that it is a muscle that strengthens me with practice, and it changes my mindset from focusing on what I lack to what I appreciate. I am eternally grateful for all of the blessings in my life.