

Ainsley Kerr's essay on what I'm thankful for. Also what gratitude means to me.

I'm grateful for the encouragement I received from my family and my teammates like when I mess up something my teammates always encourage me to try again and again. They always are there for me and each other when we have hard times. I'm also grateful for the amazing coaches that taught me everything I know now for cheerleading. I'm really thankful for my mom and dad because even if I got very angry my parents were always there for me.

Gratitude really means so much to me because it shows me that even if you have a mistake people still forgive you and make sure you don't do it again. Also gratitude really is great because it makes me feel like even if I give an attitude my family is always there for me even though I make them angry.

I'm also thankful for the friends I made in middle school that really were always there for me. They were always there when I needed them. I'm very thankful for the teachers and staff that were always there when I had an anxiety attack. I'm very thankful for the nurse from Green meadow elementary because she always helped me when I felt or just was really anxious. I'm really thankful for the food and water I get every single day.

When I was a baby I was really sick but my mom stayed by my side through it all and when I got mad at her she always forgives me. That is why I'm really thankful for my mom. My dad is always there for me when I'm sick and when he needs to pick me up. He loves to bring me to my appointments and support me with all my extracurricular activities.

Gratitude is so important to me because it really got me out of my shell when I was really shy and people helped me get out and be social. I'm now more social and have more friends made and I get more and more comfortable with talking in front of people. When I was in elementary school I was really anxious all the time but a teacher talked to me and I felt so much better when she did. She

always wanted me to believe that I'm going to be ok. I wouldn't get sick because when I get anxious I feel sick.

I'm also grateful that I have the charities that help people in need when they need it for food or shelter for the night. I'm very grateful for my siblings because even when they get a little rude they are always there for me when I need it when my parents are out. I'm very very grateful for my counselor from my old school Green Meadow because she was always there when I was scared and had anxiety attacks at school.



Thank you for reading my essay!

Ainsley Kerr from 6-1 Goff middle school!