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I am very thankful for pets because pets are healthy for you. They can create immense changes in your life. For example, if you're down, blue and frowning they change that frown upside down. Pets also create opportunities for us to learn. They can teach you things like how to be aware of any strangers, and to learn how to take care of another living thing. They can also increase the physical time in your life. Pets decrease your blood pressure, reduce your stress and offer companionship which may help battle stress, loneliness and depression. I am thankful for pets and the positive energy they bring to our lives.