

In my life I'm thankful for a lot of things. For example, food, family, music, friends and sometimes even school because some people can't afford or attend school. But what I'm mostly thankful for is and are my friends or friend. I'm especially thankful for one of my friends. What are you thankful or grateful for?

I'm grateful and thankful that I have friends but I mostly am thankful for my best friend because she makes me happy, she brings joy to me even when I'm not feeling so good. She's funny and she's also a good person. She helps a lot of people including me and her family. She helps her family by helping them clean the house and stuff. She helps me by just being there for me. We share a lot of memories together. She was always there for me when I needed someone the most. And I'm really thankful for that. I remember we used to play together, hang out after school, eat snacks like ice cream and chips together, I also remember laughing with her until my stomach hurt. That is why I'm thankful for my friends.

I'm very thankful for music too. I love the song and sounds music makes. Music makes me feel alive and for other people too. Music is a very good thing it also relaxes your brain and stuff. According to psychologists people like and enjoy music because it triggers the brain's reward system releasing dopamine and causing pleasure. You are probably wondering what dopamine is? Dopamine is a neurotransmitter crucial for motivation, learning, and attention. Neurotransmitter is a chemical messenger produced by nerve cells that transmits signals to other cells, such as other nerve cells, muscle cells, and glands. These signals are crucial for functions like breathing, heartbeat, and muscle movement, as well as more complex processes such as learning, memory, and emotion. So what this is saying is that music helps relax, calm down, and give you motivation. I'm also thankful for music because I remember this one time I was having an anxiety attack and nothing could calm me down and I was alone then I got the idea to listen to music and that really helped me calm me down and I realized how relatable music is. This is why I'm grateful for music.

I'm grateful for my family because they are always there when I need them mostly my mom and little sister. Even though my sister is young she is at least there just genuinely

there for me and I'm there for her too. I take care of her and everything I feed, change, shower, and play with her. I'm also grateful for my mom because she taught me how to do things like cook and stuff. She was also there for me; she helped me with my grades and homework. She bought me stuff like headphones, clothes, and food. So I'm really thankful for her.

All of these things are things that I am thankful for. I am grateful for them and feel gratitude toward them. In conclusion, this is what I am thankful for.