



### OVERLOOKED BLESSINGS

Feeling grateful isn't always easy and isn't something that everyone does naturally. It's pretty easy to compare yourself to those around you and wish you had what they had, or to focus on the challenges and frustrations in your lives.

Being grateful is a muscle you can build. Just like you learn or develop a new skill or strength through practice, you can improve your attitude of gratitude by working on it a little bit each day.

Today your student worked with others to create a list of "overlooked blessings," things they take for grant but that when they pause and reflect, are things for which they are grateful.

### AT HOME ACTIVITY

Gratitude isn't something we just figure out and we have it forever. Just like muscles need regular training even once they're developed, gratitude is a practice that needs maintaining. One way to do that as a family is a "gratitude walk." Visit a local park or natural area, or just walk through your neighborhood together, taking time to point out "assets" such as areas to play, beautiful sights, good smells, friends and neighbors, and other blessings that in regular moments you might overlook.

### HEALTHY ACTIVE LIVING

#### Move It! Importance of Daily Exercise

A wonderful way to show your body gratitude for being healthy is to give it the gift of daily exercise. Below are some of the benefits of exercise:

1. Exercise is good for your heart. It helps your heart pump blood all through your body. Your heart can never take a rest, so it needs to be strong!
2. Exercise can put you in a good mood. When you exercise, your body makes a chemical — called an endorphin — that helps you feel good.
3. Exercise helps your body stay at, or reach, a healthy weight. The food you eat is energy that you put into your body. This energy is also called "calories." To stay at a healthy weight, you have to use up the energy you eat. Exercise helps you do that. If you don't use the energy, it stays in your body and can make you gain weight that you don't need. Extra weight is hard on your heart, muscles and bones.

