

BEHIND THE SCENES

What did I learn when I ended up with blue grass instead of green?
Have you ever had something that didn't turn out as you hoped?



What does it mean to be grateful?
What are some ways that you can show and grow your gratitude?



How do you think I felt when Big Billy Goat was never satisfied?
Has someone else's attitudes towards a situation ever changed how you felt?



ACT ON IT!

- Start a list of 'What's green on your side?' (Gratitude list)
- Make a different ending for the story. Read others' ideas on www.headstartthinking.com

UNHAPPY WITH YOUR GRASS? TRY THESE. . .

Stop staring at other grass. Appreciate your own!

Being grateful makes us happier! Notice every bite.

Share what you have: it helps you appreciate it more!

MEMORY MOTTOS

You can grow a 'gratitude attitude'. Simply practice noticing and being thankful for what you have. Remember these when you are unhappy about something:



Nobody gets exactly what they want all the time.

I may feel disappointed now, but I will feel better in time.

I can always find *something* to be thankful for.

Keep the gratitude conversations going.

Access more 'Behind the Scenes' materials free on

www.headstartthinking.com