

Name _____

The Power of Gratitude: Why We Should Be Thankful

Open-Ended Response Questions

1. The persuasive piece mentions that gratitude can reduce feelings of anxiety and depression. Can you explain why this happens? How does acknowledging and appreciating what we have lead to improved mental well-being?
2. The text highlights the connection between gratitude and stronger relationships. Can you elaborate on how expressing gratitude strengthens relationships with friends and family? Can you provide a personal example or scenario to illustrate this point?
3. Gratitude is said to make individuals more resilient in tough times. How does this work? Can you discuss how practicing gratitude can provide comfort and motivation to overcome challenges? Provide examples to support your explanation.
4. Generosity and kindness are mentioned as outcomes of gratitude. Can you explain the relationship between gratitude and these positive behaviors? How does being thankful for what we have inspire us to help others and contribute to our communities?

