

Name _____



Gratitude Vocabulary

Directions: Match each vocabulary word with its correct definition. Then, write one original sentence for each word that shows understanding of its meaning and emotional intensity (small, medium, or big feeling).

Vocabulary Words:

____ 1. Appreciation

____ 2. Optimism

____ 3. Mindfulness

____ 4. Compassion

Definitions:

A. A positive attitude that focuses on the good things that might happen.

B. A deep care or concern for the suffering or struggles of others.

C. The act of noticing and being thankful for people, things, or experiences.

D. Being aware of your thoughts and emotions in the present moment.

Your Sentences:

1. Appreciation:

2. Optimism:

3. Mindfulness:

4. Compassion: