Rule #9

It’s always appropriate to say “thank you” when given something. There is no excuse for not showing appreciation.

Activity #1

Take the following Quiz and rate yourself on a scale of 0-3

**0 –** Never **1-** Sometimes **2-** Often **3 –** Always

I say thank you to workers in the cafeteria 0 1 2 3

I say thank you when I receive a gift 0 1 2 3

I say thank you when someone gives me a ride 0 1 2 3

home from school

I say thank you when someone holds the 0 1 2 3

door open for me

I say thank you during mealtimes when 0 1 2 3

someone passes me food

I say thank you when someone helps me 0 1 2 3

with my homework

I say thank you to the cashier 0 1 2 3

at the store

I say thank you to the bus driver 0 1 2 3

I say thank you to the librarian when looking 0 1 2 3

for a book

I say think you to my teachers when they help me 0 1 2 3

with an assignment.

HOW THANKFUL ARE YOU? CHECK YOUR SCORE: MY SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25-30 : Thanks a lot!

18-24 : Thanks

11-17 : Thanks a little...

0-10 : No, Thanks!

How did you do? How can you improve?

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Activity #2

Do you owe anyone a thank you? Create a list of specific people you see often who you may owe a thank you. Why do they deserve it? After you make your list, I change you to find a way to get them the thank you they deserve. Say it in person or maybe through a Thank You card. Make sure to include a message explaining they deserved this thank you.

I should say “Thank you” to:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Because:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_