

AT HOME FREEDOM TRAIN

FOUR FACES OF FREEDOM: GRATITUDE



Until she was 29, Harriet Tubman lived as a slave. For her, all those years, Freedom was just a dream. Her story can remind us how lucky we are to enjoy the many freedoms we have...and the ones we may have taken for granted in our life. Have YOU ever been filled with Gratitude for a freedom you enjoy?

Watch the three stories on the AT HOME: GRATITUDE webpage.

Then, choose one of these stories and discuss the following questions with your family, teacher, classmates or friends:

- ◆ At what moment did the storyteller feel a sense of Gratitude? What happened in that moment that made them so thankful?
- ◆ For what specific freedom was the storyteller grateful? And why? What did their feeling of Gratitude teach them about life...or themselves?
- ◆ Does their experience remind you of something in your life that you are thankful for...or should be? What freedom or privilege do you enjoy that makes you feel grateful?

Finally, choose one of these ways to explore Gratitude...or the lack of it:

- ◆ Caption a photograph of Gratitude and explain why you chose it.
- ◆ Create a piece of art work that shows what Gratitude means to you.
- ◆ Tell your own story of Gratitude in writing and/or short video.

Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!