

FREEDOM TRAIN

GRATITUDE: FOR OUR FREEDOMS



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.

Watch three stories of Gratitude on the AT HOME webpage.

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

1. At what moment did the storyteller feel a sense of Gratitude? What happened in that moment that made her/him so thankful?
2. For what specific freedom was the storyteller grateful? And why? What did their feeling of Gratitude teach them about life...or themselves?
3. 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 three ways to explore Gratitude ...or the lack of it:

1. Write your story of Gratitude...or of taking a freedom for granted.
2. Caption a photograph or do a piece of art work about Gratitude.
3. In your own short video, tell of a moment you felt grateful.

And when you are done, if you would like, ask your parents or teachers to share your work with us. Together We Grow!