



# Today I Am Grateful: Adventures in Gratitude

*Lorraine Miller*

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**Today I Am Grateful: Adventures in Gratitude** Lorraine Miller

“Children can be made more grateful when the adults in their lives teach them how. Today I am Grateful is the perfect springboard for parents and educators to start helping kids see all of the goodness in their life.”

—Jeffrey J. Froh, associate professor of psychology at Hofstra University and coauthor of *Making Grateful Kids: The Science of Building Character*

Today I Am Grateful was created to inspire children of all ages to experience the incredible power of gratitude. By taking the time to think about all the wonderful things that happen each day, children gain an appreciation for what matters most to them in their own lives. Following the lead of Milo, young readers can take part in this mindful practice using the activities provided at the end of the story. A special section for parents provides insight into the many benefits cultivating an attitude of gratitude will play in their child’s life.

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