

Gratefulness

“Wake up with an attitude  
of GRATITUDE” – Mike Clarke

Last Wednesday we had a session with Mike Clarke. Gratefulness was one of the things he talked about. When we are grateful, we don't take everyone and everything for granted.... We appreciate.

Being grateful makes us a happier and a more enjoyable person to be around :)

“

When you are in a bad state, you treat people totally different opposed to when you are in a great state

**YOU** are RESPONSIBLE for

**YOU**”

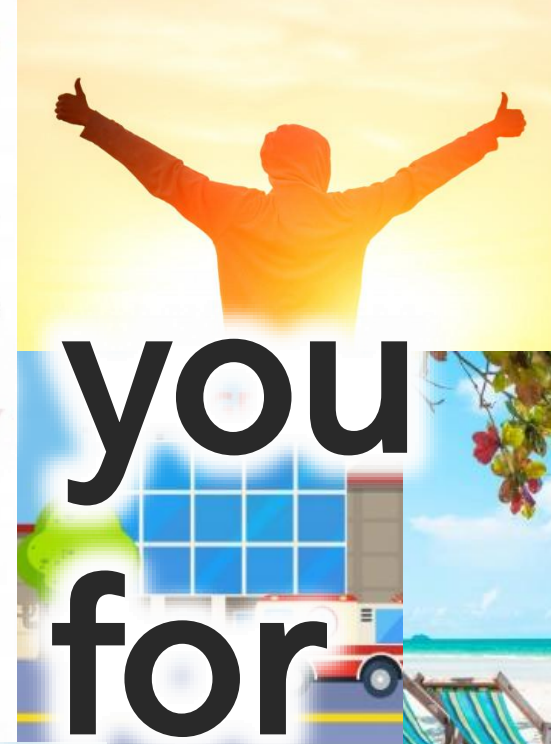
– Mike Clarke

This poster will appear  
somewhere around your  
school.

Can each student write on it  
what they are grateful for.

We can then be  
reminded everyday how  
lucky we really are.





# What are you Grateful for



# Today?



# General Knowledge Quiz

*You have 3 minutes...Teamwork is key!*

1. What continent has the fewest flowering plants?
2. Which New Zealander broke the record for the highest bungy jump off a building?
3. This value is one of our school values. It means to be accountable, trustworthy, and a moral obligation to behave maturely, which Westmount value is it?
4. How many states are in the USA?
5. In which year did the very controversial Rugby Springbok tour of New Zealand take place?

# Answers

1. What continent has the fewest flowering plants? **Antarctica**
2. Which New Zealander broke the record for the highest bungy jump off a building? **AJ Hackett**
3. This value is one of our school values. It means to be accountable, trustworthy, and a moral obligation to behave maturely, which Westmount value is it? **Responsibility**
4. How many states are in the USA? **50**
5. In which year did the very controversial Rugby Springbok tour of New Zealand take place? **1981**