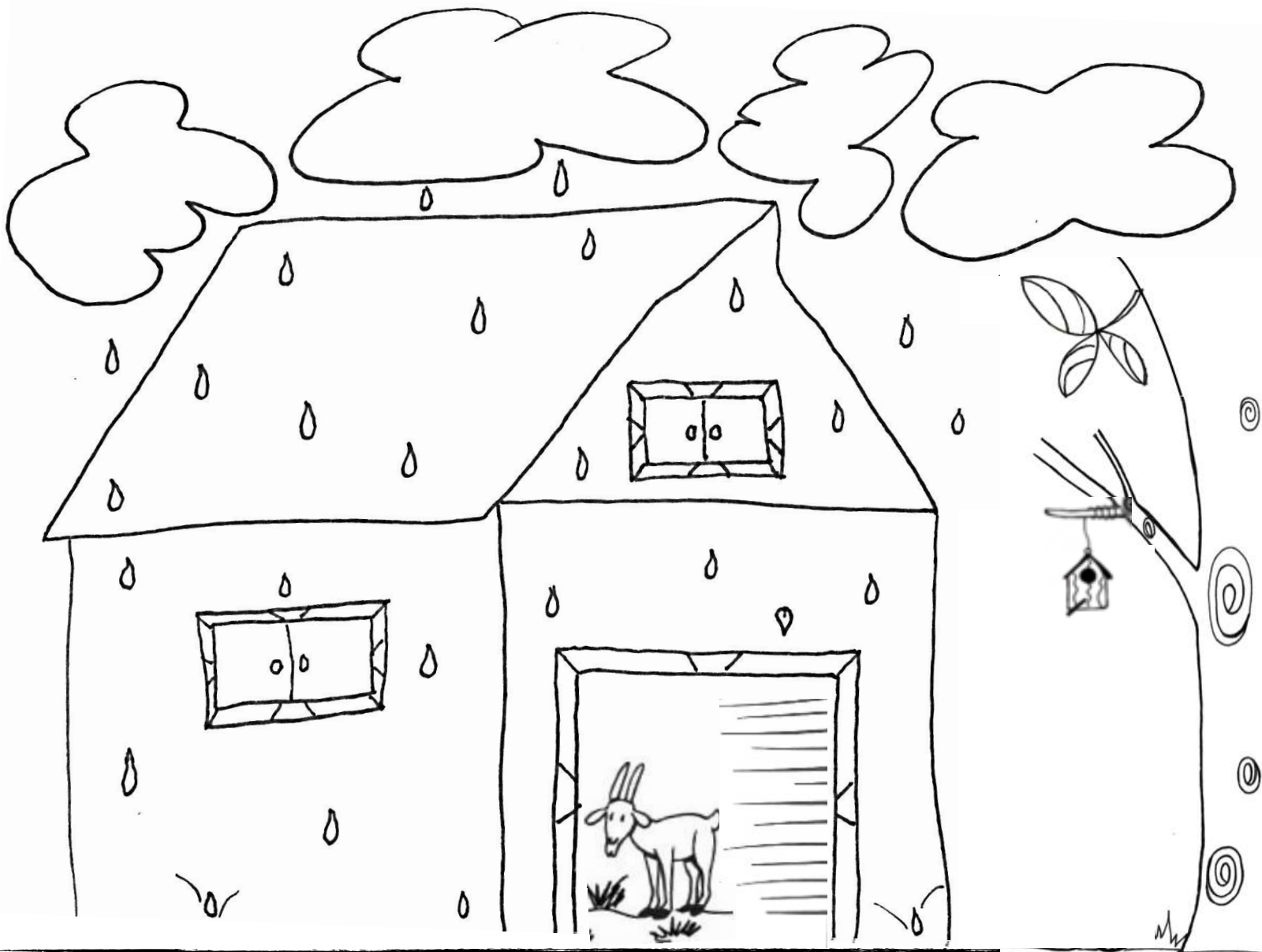


The Grateful Goat

For children everywhere.



Thanks to all my editors...

Shana

Amanda

Elaine

Jenny

Maureen

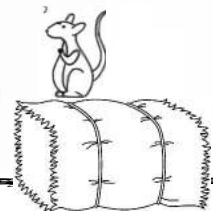
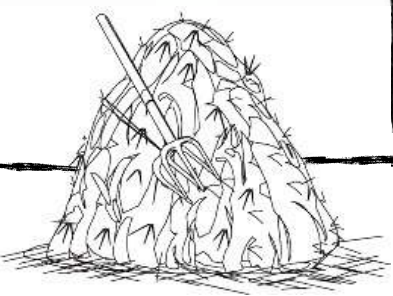
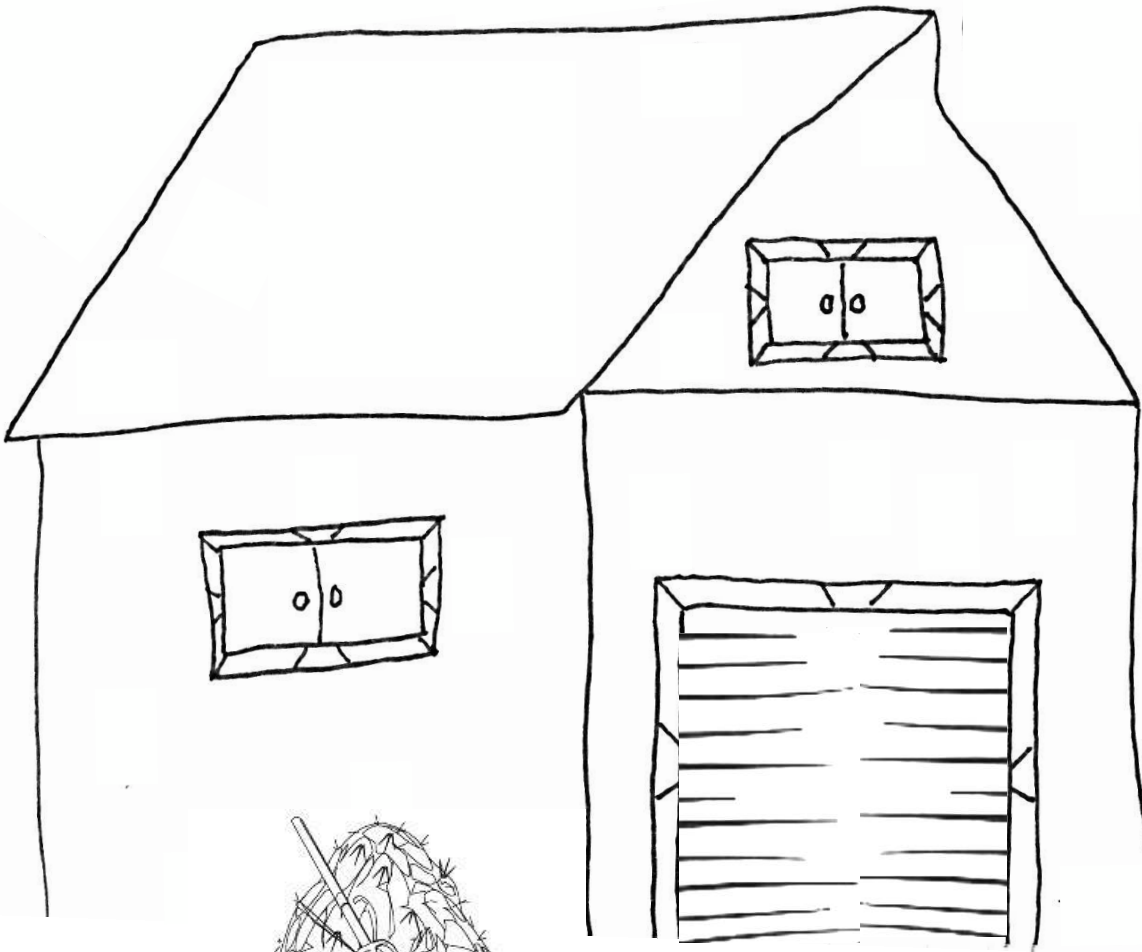
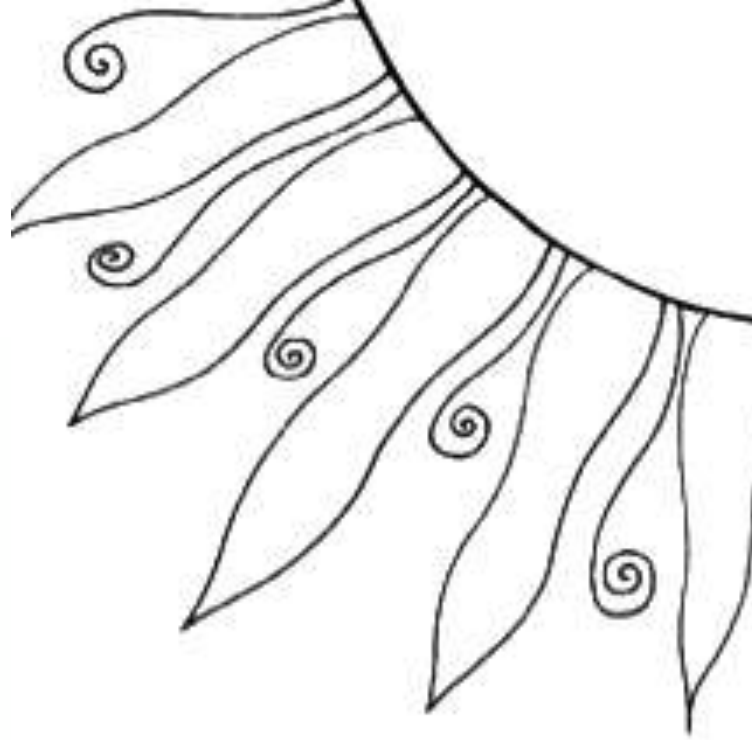
And Catherine



Goat lived on a ranch



...in a barn

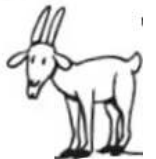
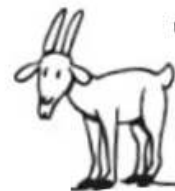
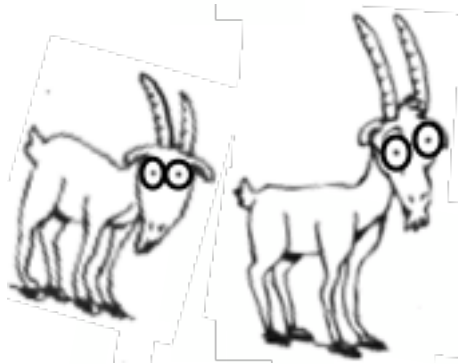


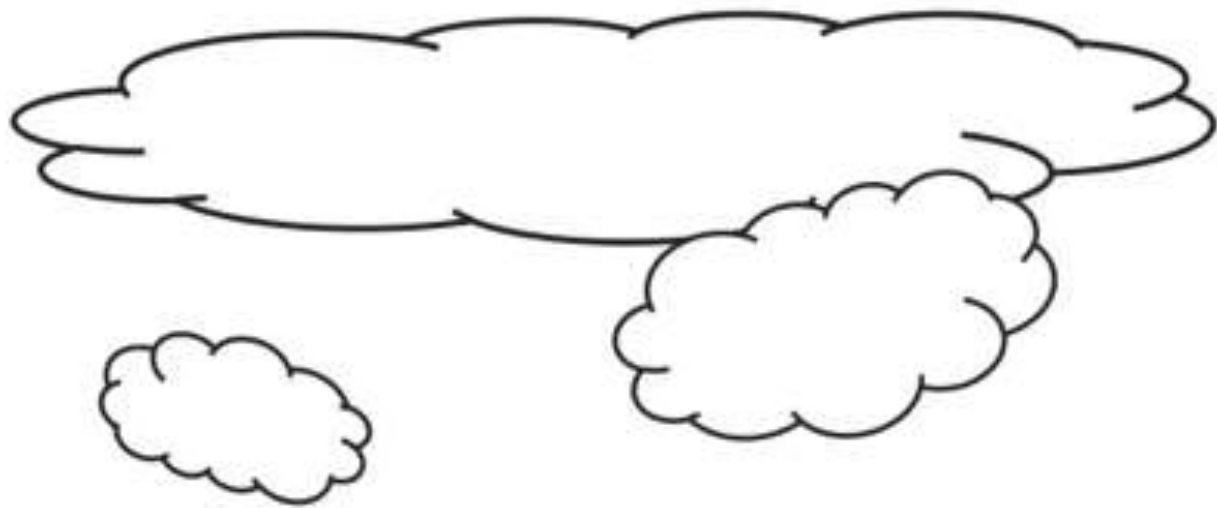


With his Mom and Dad

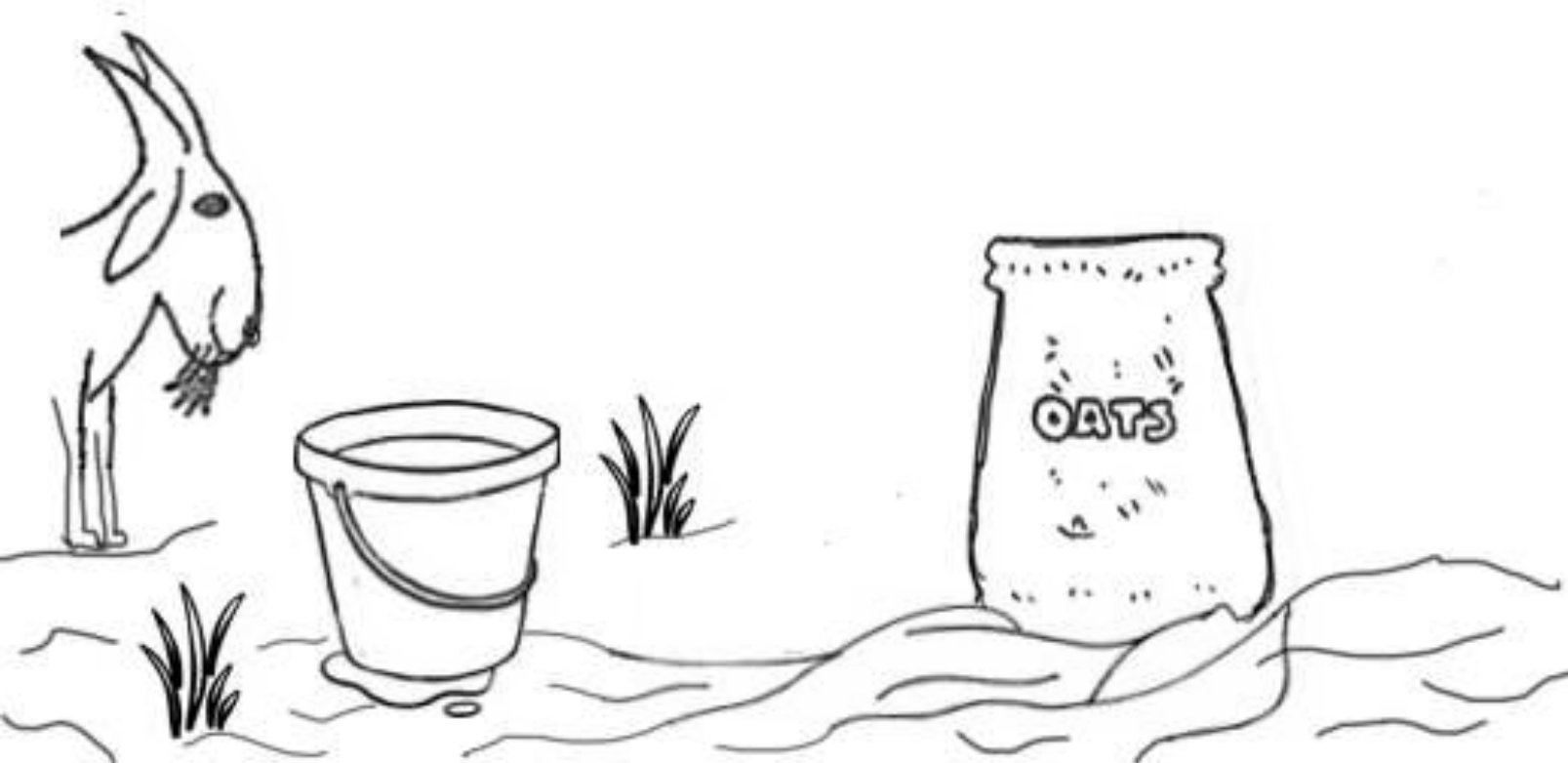
brother and sister

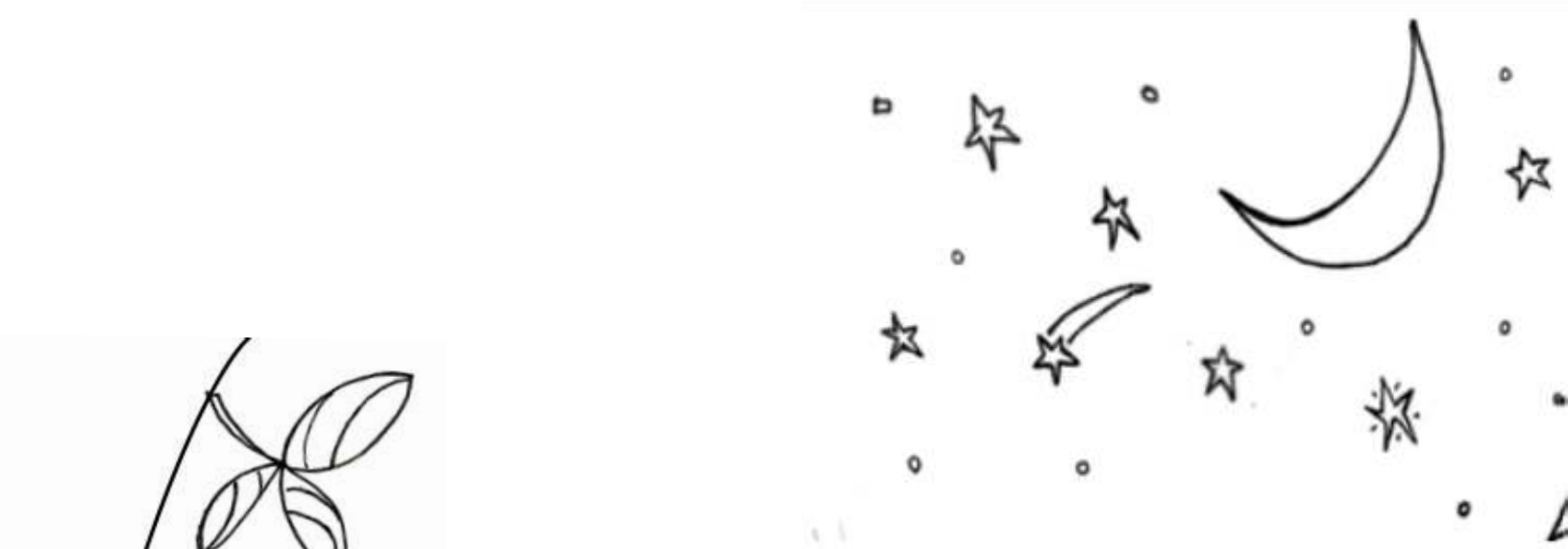
and Grandma and Grandpa



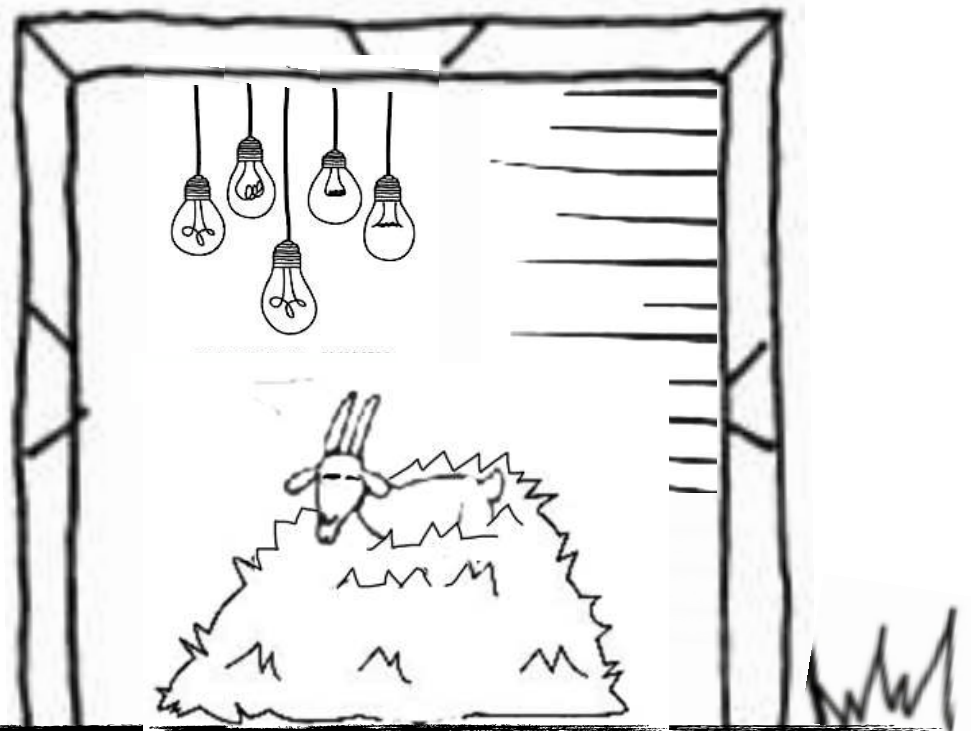


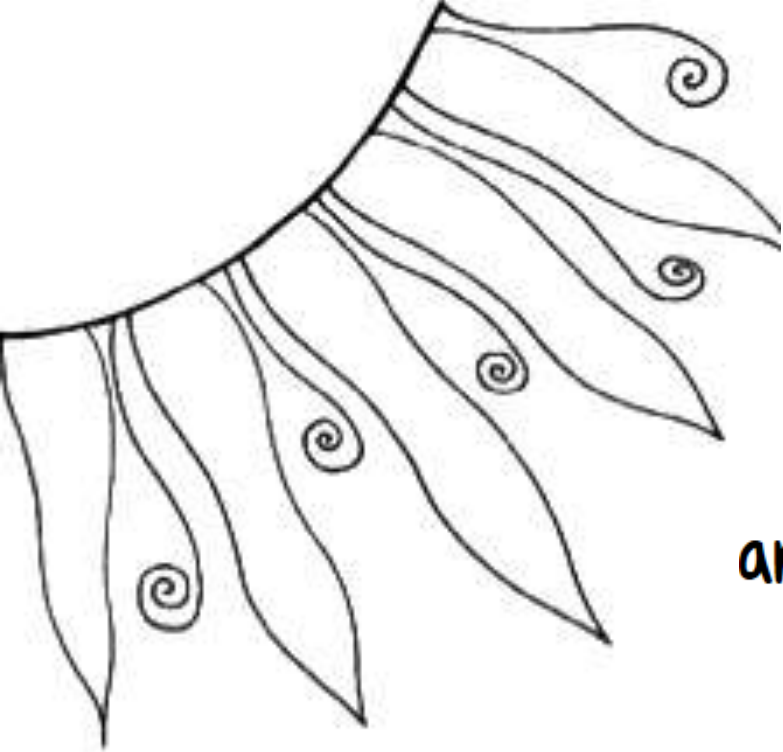
He had plenty to eat.



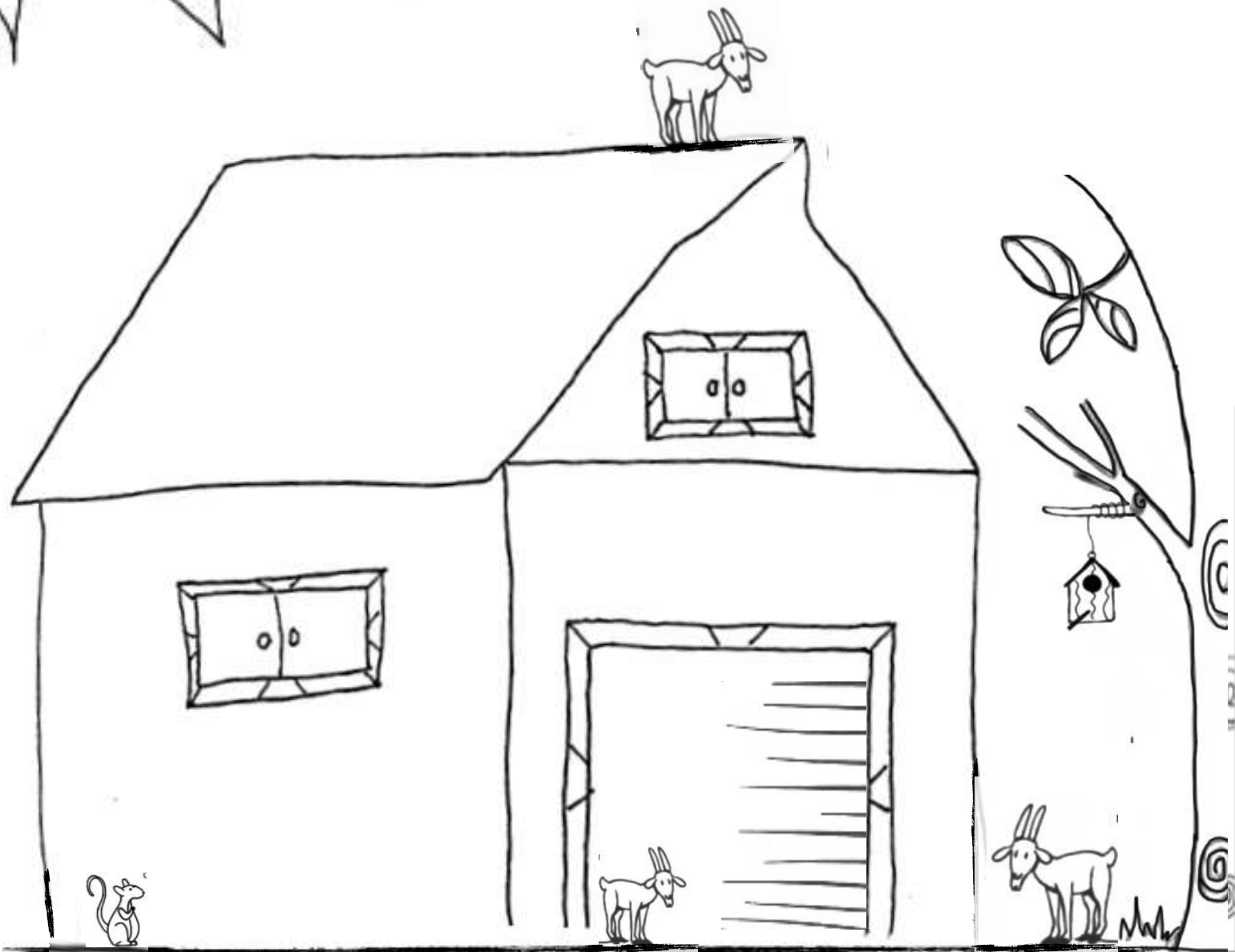


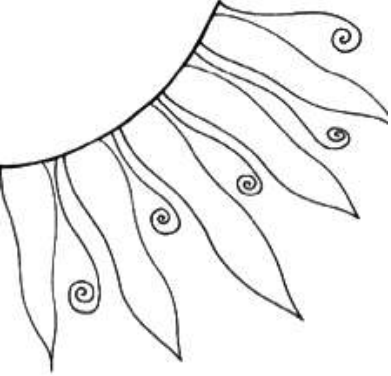
A warm place to sleep...



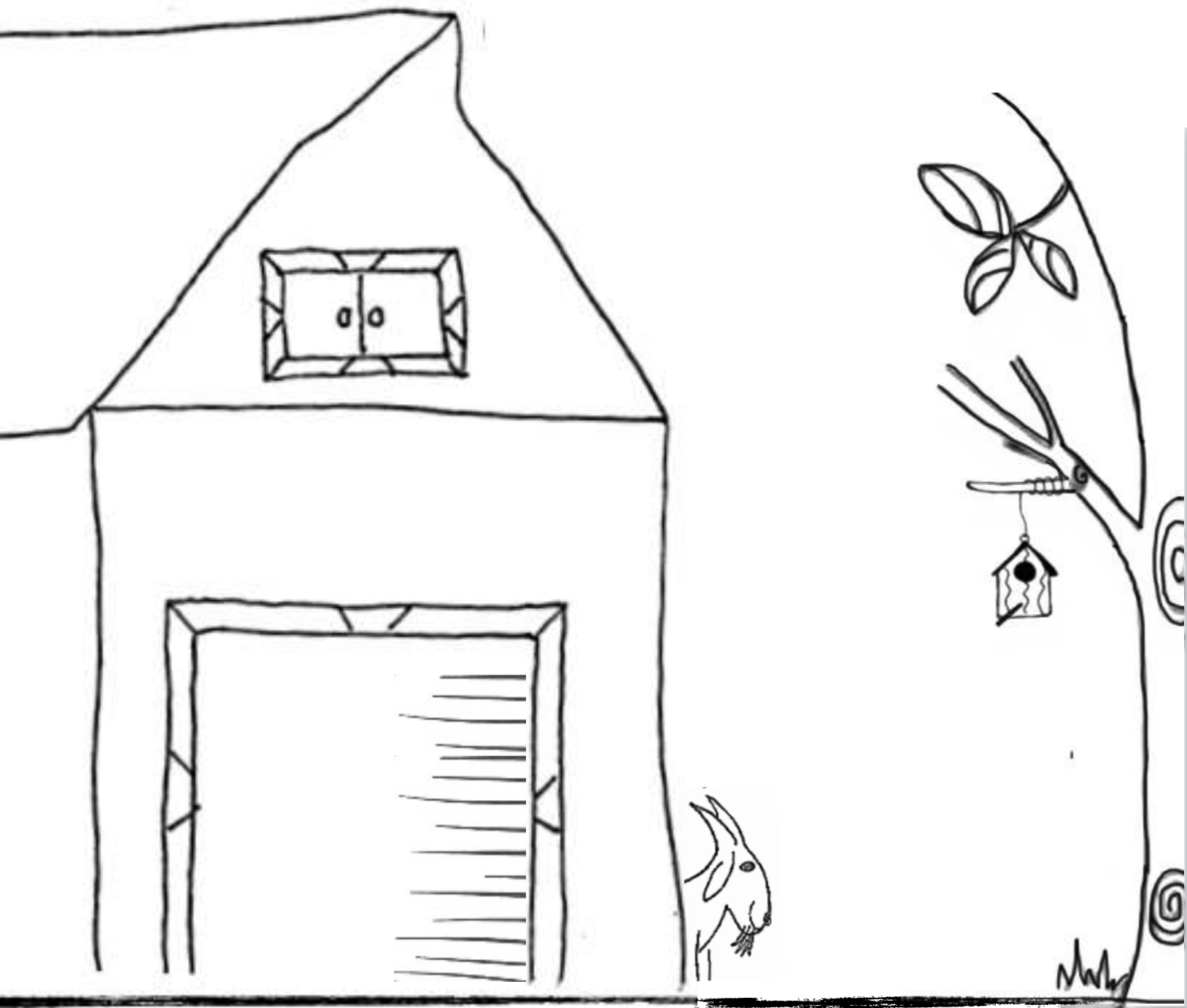


and lots of time to play!





Goat did not have a worry in the world.



One day it started to rain.



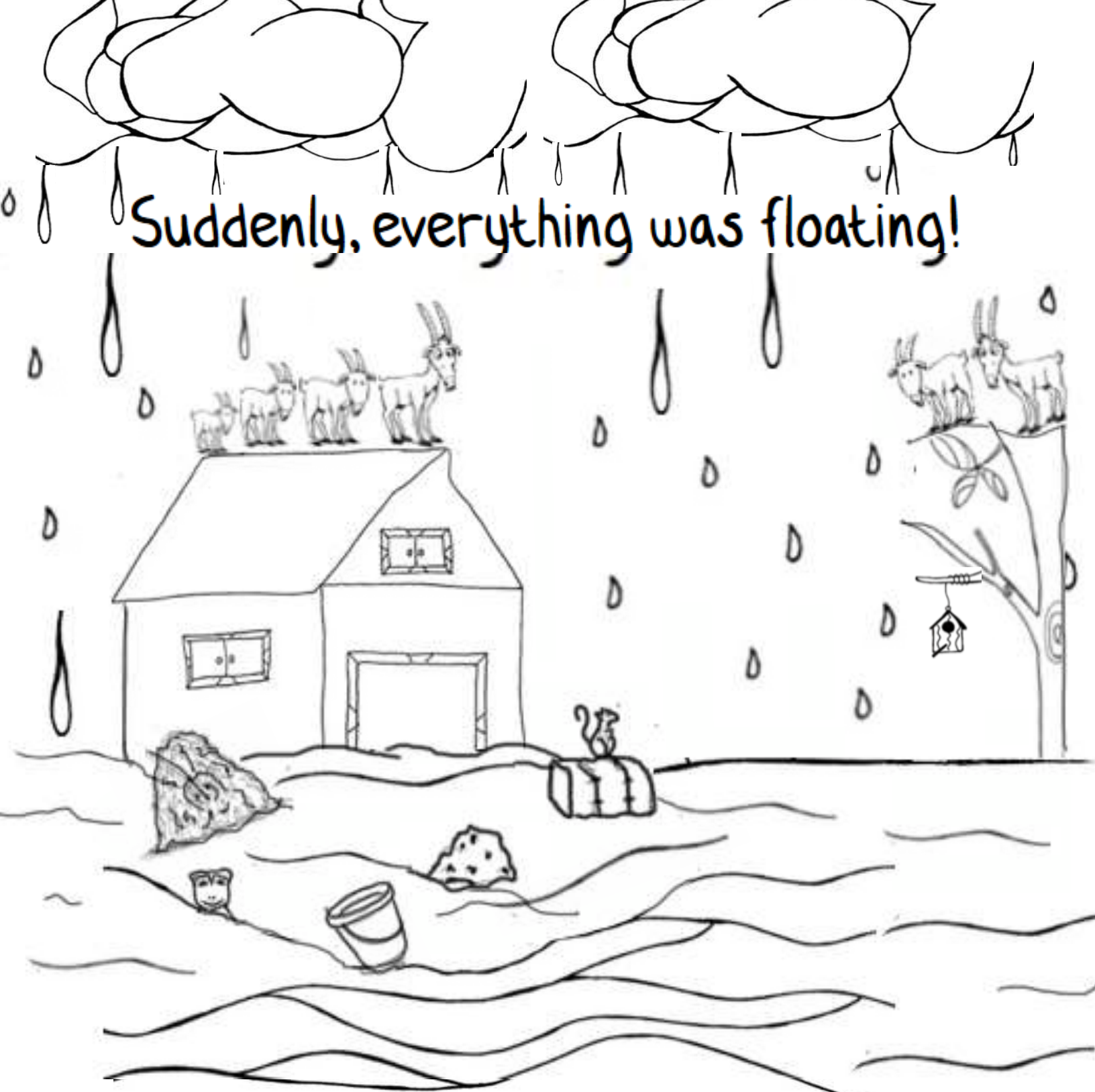
The image features a white background with numerous small, hand-drawn raindrops scattered throughout. Each raindrop is a simple teardrop shape with a small stem at the top. The text 'It rained ...' is written in a black, handwritten font in the upper-middle section of the page.

It rained ...

And rained...

AND RAINED.....





Suddenly, everything was floating!

The adult goats took charge!

Up on the roof!! Up in the trees!

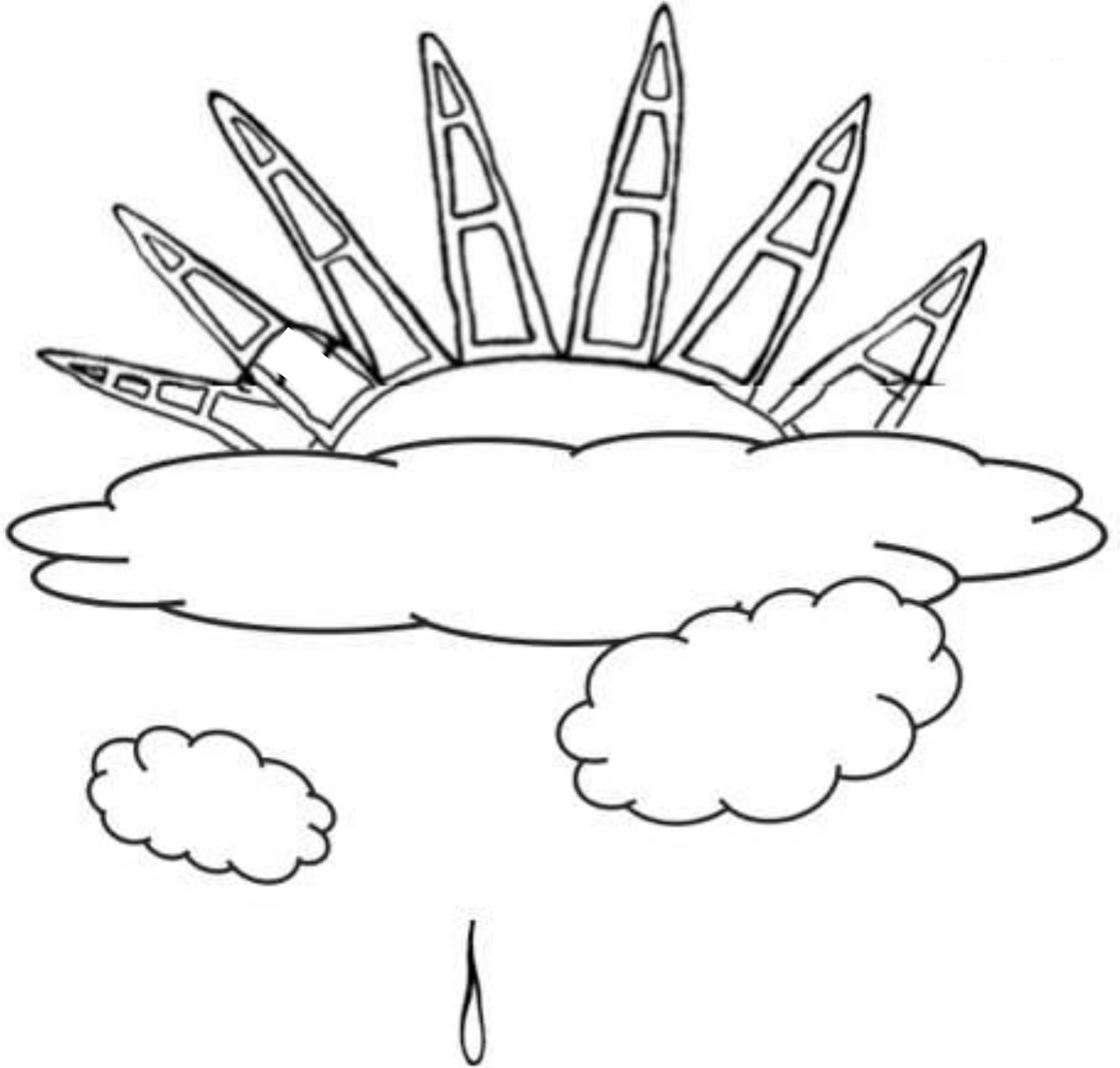


There was no warm, dry place to sleep.

...and there was nowhere to play!

Then the rain slowed down.





The sun peaked through the clouds.

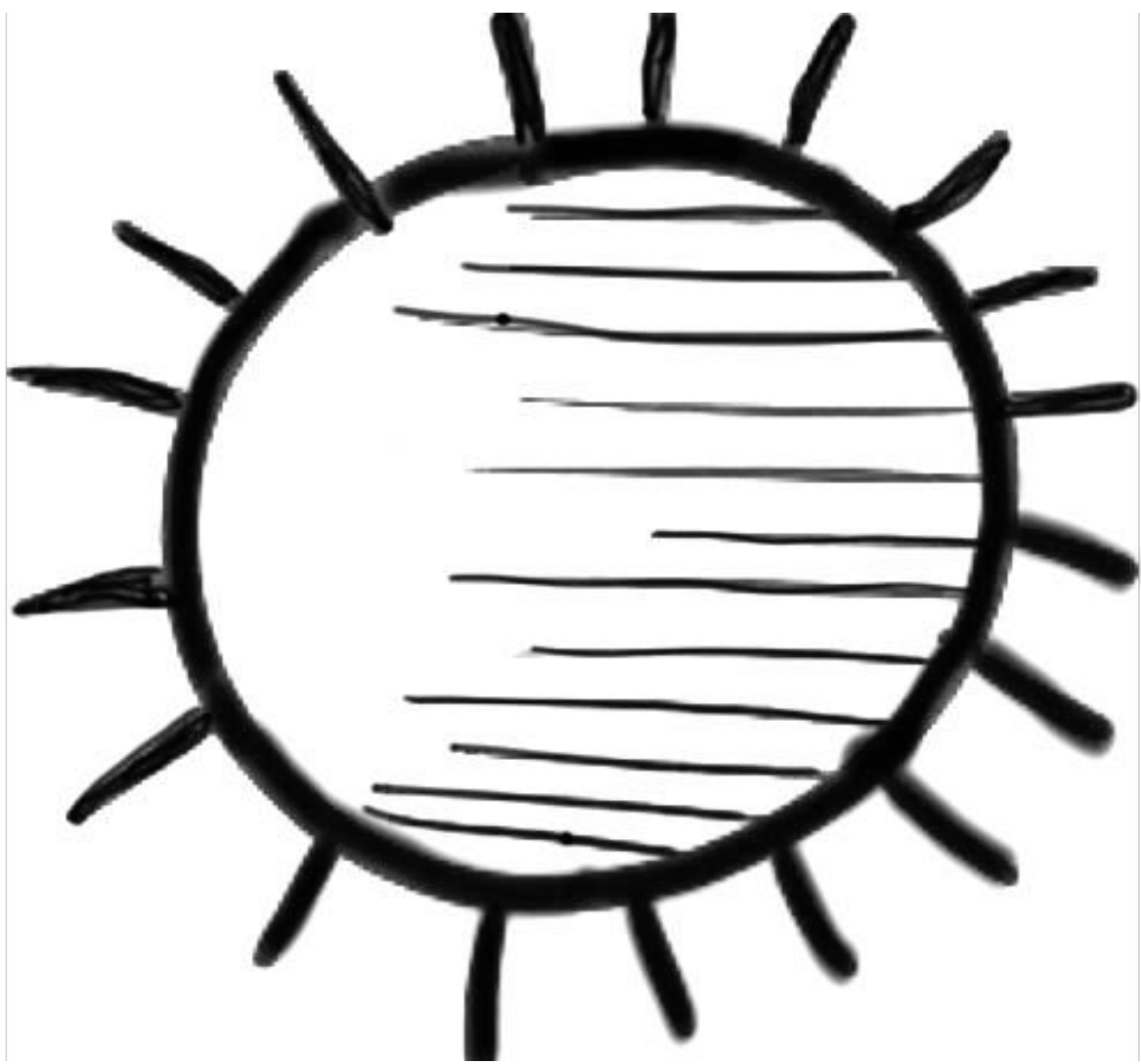


The water on the ground flowed away.



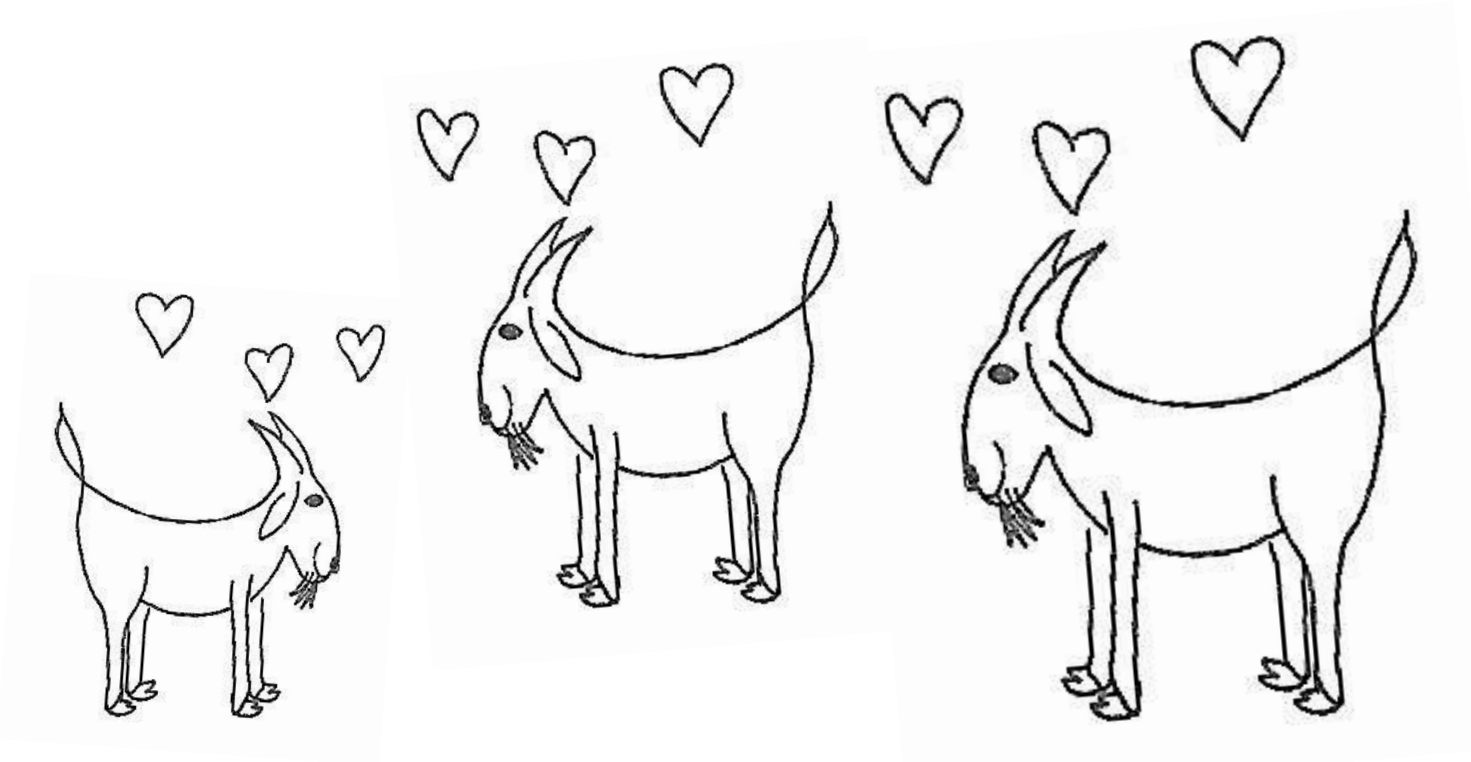
The sun came all the way out.

It was warm again!





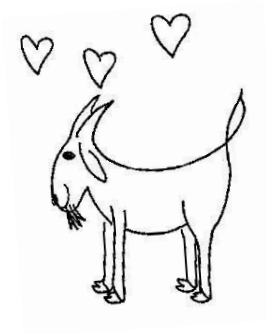
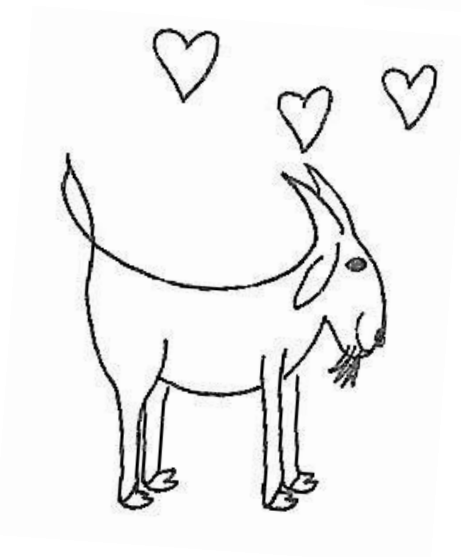
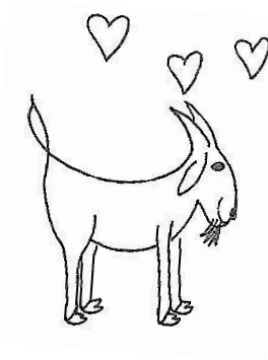
There were his parents.



They were his heros!



There were his brother and sister.

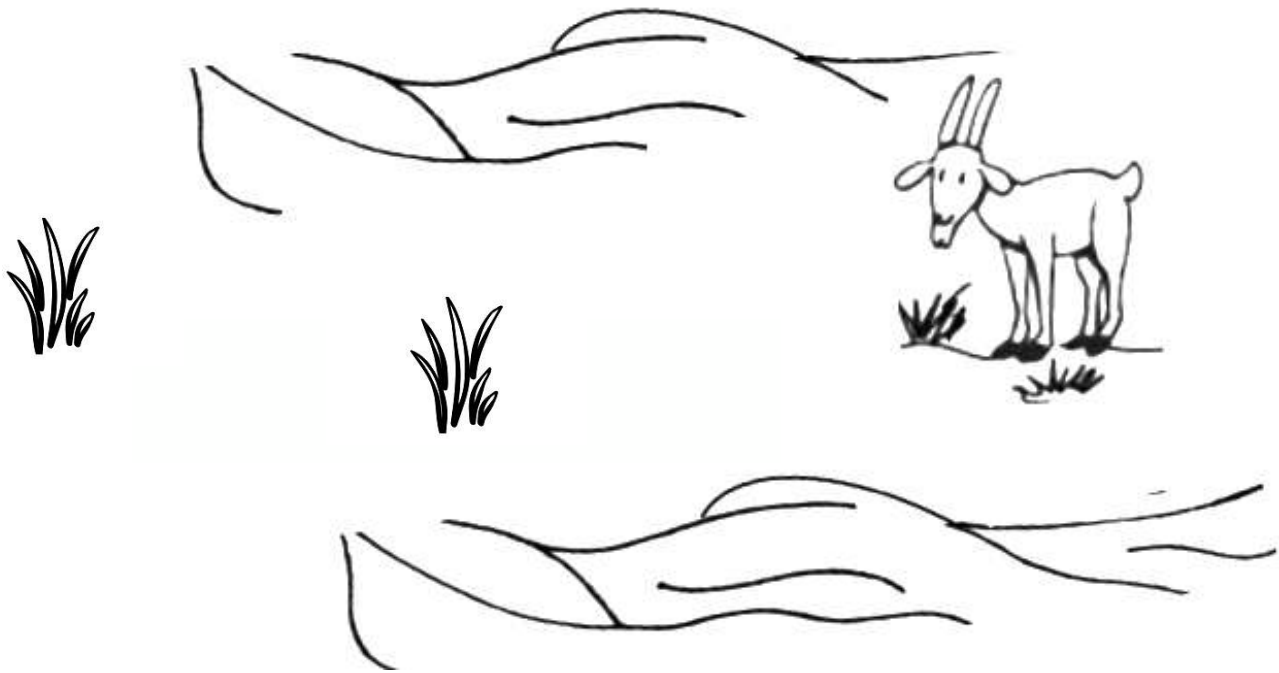


He felt so lucky to have them to play with!

He was dry and safe, and the food grew back.



He felt warm and snuggly,
and his tummy had stopped growling from hunger!



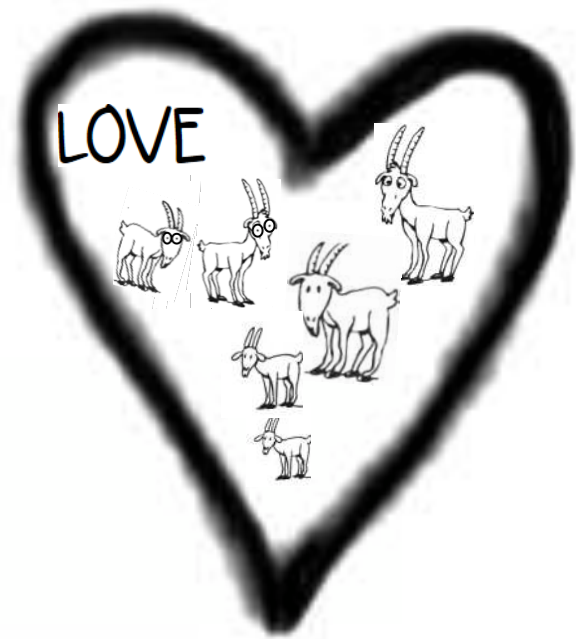
Everything was back to normal.

Except... ?



Goat had a new feeling. He felt...

GRATEFUL!



So every day Goat reminded himself of all the things he was grateful for, so he would

never ...ever ...

forget them.

He was a ...

GRATEFUL GOAT!

What is grateful?

Grateful means thankful, and Goat was grateful for all the people and things in his life. The storm made him realize he was very lucky to have such a safe and happy life.

Sometimes hard things happen. But then they end, and life can be good again...even if it might be different.

So every day Goat reminded himself of all the things he was grateful for, so he would never forget them.

He was a very GRATEFUL GOAT!

Can you think of some things you are grateful for?

Exercise



Everyone make a heart with your arms.
Take breaths to the beat of your heart.

3 beats, inhale, 5 beats, exhale

Move your arms with your breath.
Now say one thing you are grateful for.

Good job!

Love, Grateful Goat