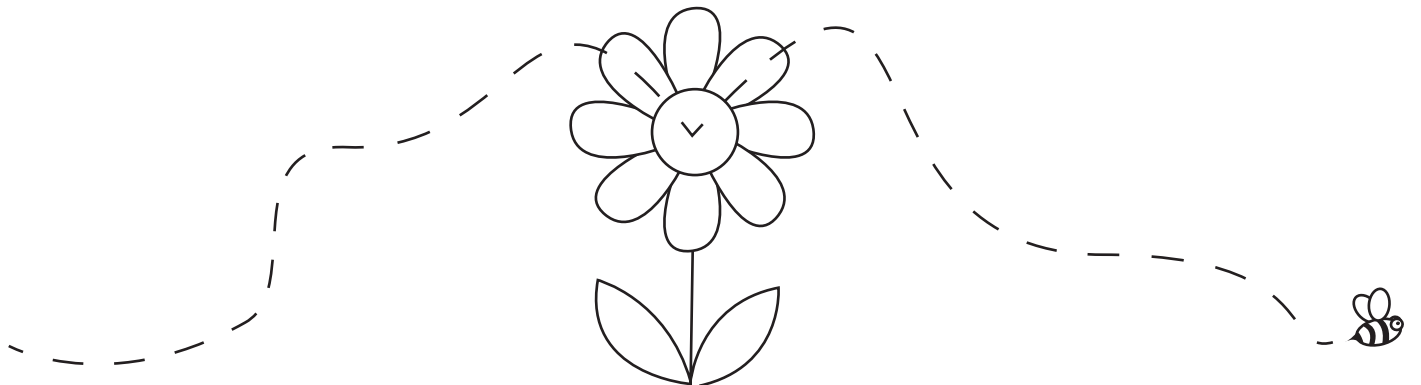
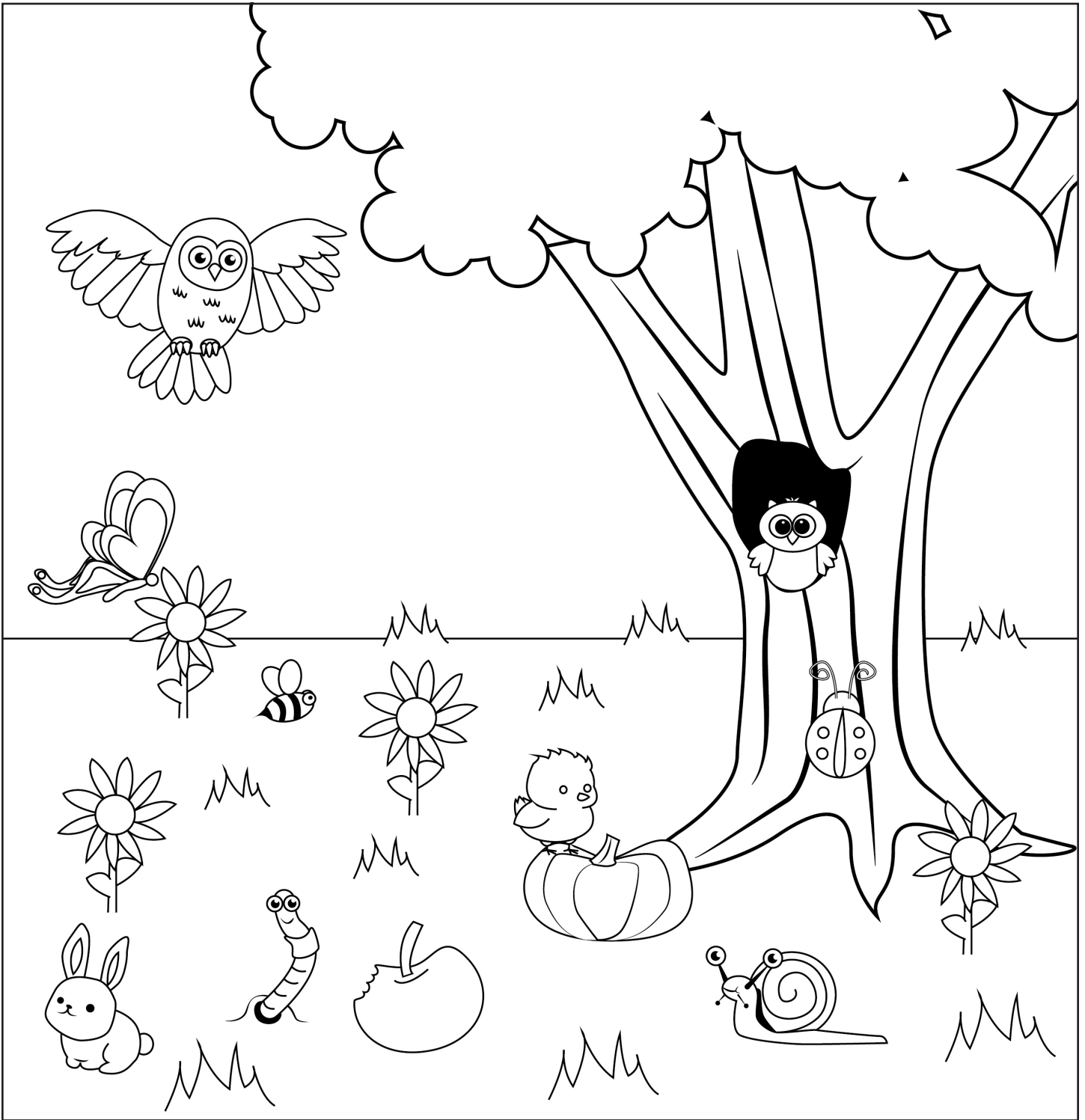




## LESSON 6: Grateful and Cooking



## Color In Activity



### Questions:

Where can Owls live?

What do Bees do in nature?

What colors can Pumpkins be?

# The Grateful Coat

This story is about a boy who had everything a boy could ever want, but he didn't know how to be happy. One day, he was sitting in his backyard when a little girl came up asking him to help her look for the Grateful Coat. The boy was curious because he had never heard of such a thing, and he decided to help her.

Then, perched on a tree, the boy found the Grateful Coat. It was the most beautiful coat he had ever seen. The little girl told him to put it on, the boy did and felt happier than ever. He was very thankful to the girl and that made him feel even better. Then, the girl told him she had to go and take the coat with her. The boy was sad because he didn't want to feel unhappy again.

The girl told him that the secret to happiness is being grateful. That he could make his own imaginary Grateful Coat, think about all the things he's thankful for and be happy.

**Write three things you are grateful for on the coat and then color in.**



## **To Be Grateful**

Be grateful when you don't know something  
For it gives you the opportunity to learn.

Be grateful for the difficult times.  
During those times you grow.

Be grateful for your limitations  
Because they give you opportunities for improvement.

Be grateful for each new challenge  
Because it will build your strength and character.

Be grateful for your mistakes  
They will teach you valuable lessons.

# Cooking the Rainbow Recipes:

## Lettuce Wrap

### **Ingredients:**

Romaine lettuce head with large leaves.

Bell Peppers at least two different colors

Cucumber

Jicama

Avocado

Carrot

Tomato

Hummus

### **Directions**

Wash lettuce leaves and set aside.

Cut up fruit and vegetables into bite size pieces

Spread hummus on to lettuce leaves

Add an assortment of chopped vegetables and fruit.

Fold lettuce like a taco or roll like a burrito.

## Fruit Salad

### **Ingredients:**

Watermelon

Kiwi

Pineapple guava

Pomegranate

Apple

### **Directions:**

Slice or scoop fruit into small pieces.

Cut kiwi in half and scoop out the middle

Cut watermelon into wedges and scoop out bite size pieces

Slice pineapple guava in half and scoop out the middle

Slice pomegranate into pieces and separate the white pulp from red seeds.

Cut Apple into bite size pieces removing the core.

Combine fruit into cups and enjoy.