

RAIN OR SHINE

“O God! We are as plants, and Thy bounty is as the rain . . .” —‘Abdu’l-Bahá



You’re excited to go camping with your family, but then—PLOP! It starts pouring down rain. You’re super bummed out.

Rather than letting stormy feelings ruin your day, try to find the sunny side of things. Just like raindrops nourish plants, challenges give us chances to grow. It’s

okay to be sad for a while, but then ask yourself, what can I be thankful for in this situation? Maybe you see a dazzling rainbow after the storm. Or you have an indoor picnic with your family, including s’mores!

If you’re thankful even when it’s hard to be, you can bloom with gratitude—rain or shine.

Use the letter pairs on the raindrops to complete tips about growing gratitude. Each pair can only be used once.



- 1 Try to see difficulties as a chance to learn and **GR** _____.
- 2 _____ to a friend or family member you trust.
- 3 Know that time passes and tests don't _____ forever.
- 4 When facing problems, _____ for divine assistance.
- 5 _____ someone out, to brighten their day—and yours.
- 6 _____ a gratitude journal of good things in life.
- 7 Listen to a _____ that gives you strength and courage.
- 8 Take some _____ in nature to clear your mind.
- 9 Try meditating to relax and _____ down.
- 10 Be _____ to yourself, as you would to a friend.