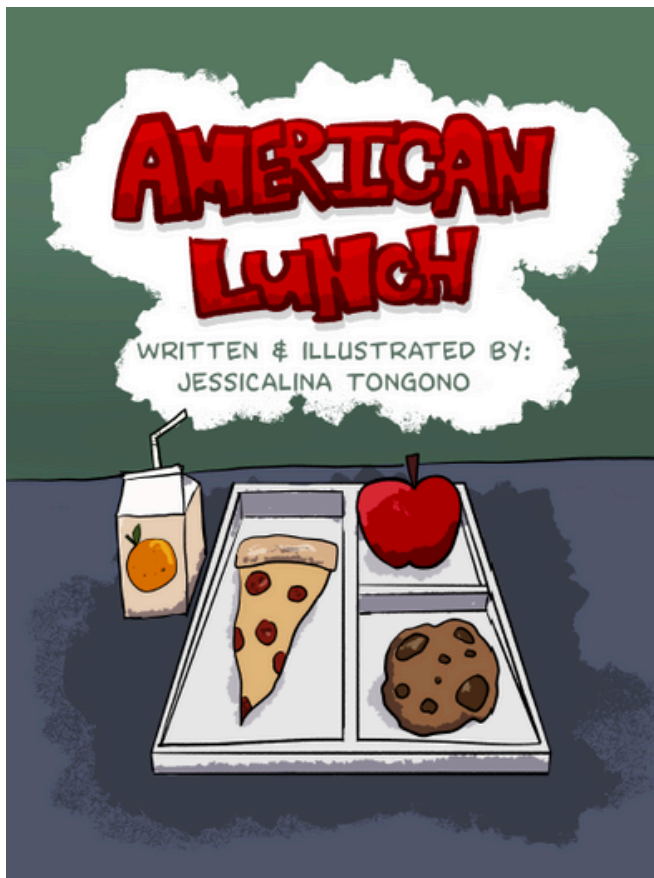


## ***LEARNING TO BE GRATEFUL***

Written by Azra Bhagat  
Illustrated by Ed Mettler

[Click to Begin Reading](#)



## ***AMERICAN LUNCH***

Written & illustrated by  
Jessicalina Tongono

[Click to Begin Reading](#)

# Learning to be Grateful



WRITTEN BY:  
AZRA BHAGAT

ILLUSTRATED BY:  
ED METTLER



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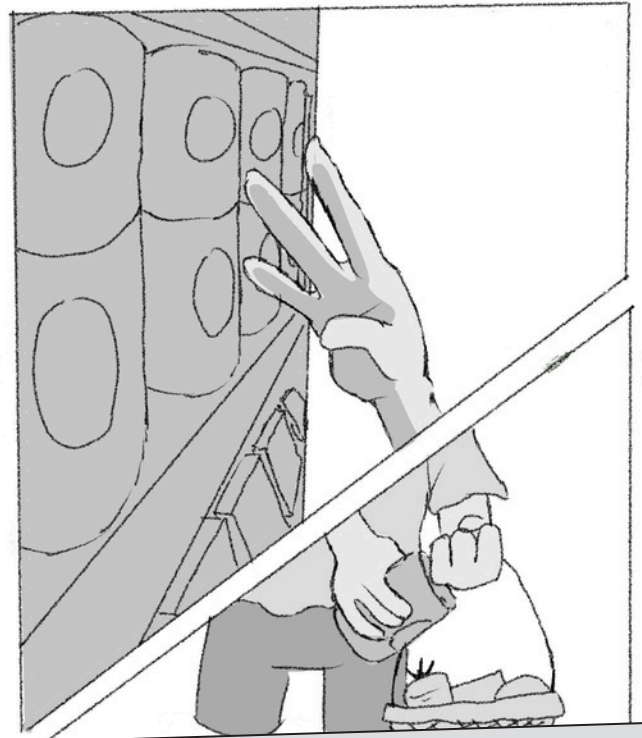
Carol Ann and  
Ralph V. Haile, Jr.

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F O U N D A T I O N

*With the generous support  
of the Haile Foundation*

ONCE UPON A TIME...



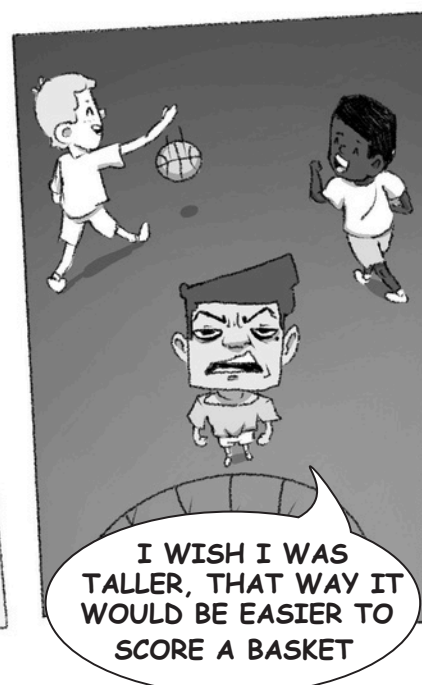
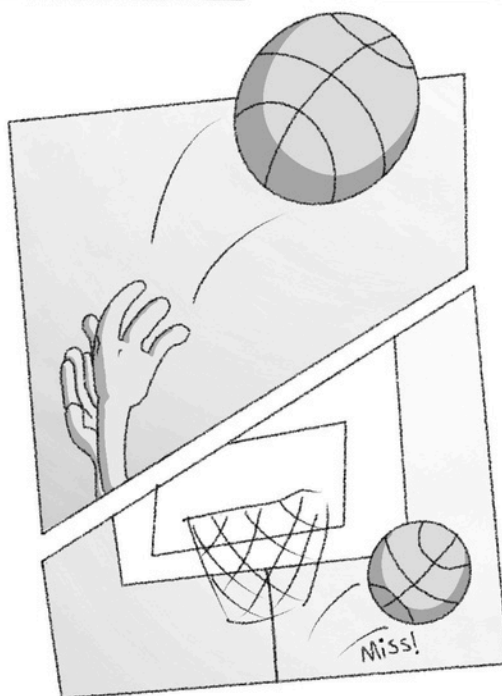
THERE WAS A LITTLE BOY NAMED ARJUN.

ARJUN...



...WAS A VERY UNHAPPY CHILD.





ON ARJUN'S BIRTHDAY...



ONE DAY...



I WISH  
WE HAD ENOUGH  
MONEY FOR  
A CAR

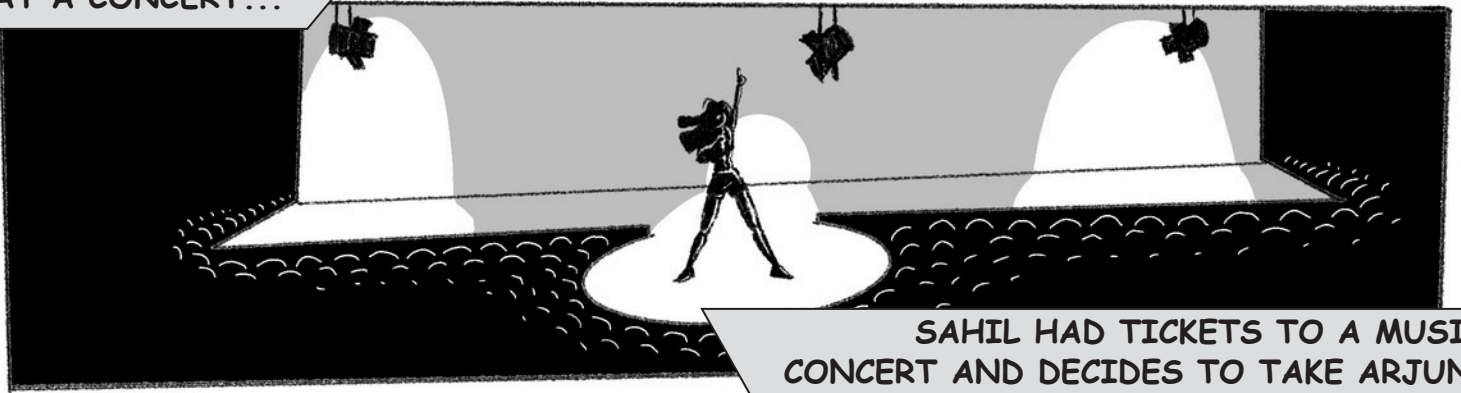
THAT WAY  
WE WOULDN'T  
HAVE TO WALK

?

AT LEAST WE  
CAN WALK!



AT A CONCERT...



SAHIL HAD TICKETS TO A MUSIC CONCERT AND DECIDES TO TAKE ARJUN



SAHIL REALIZED ARJUN WAS UNGRATEFUL.



HE NEVER SAID THANK YOU  
AND ALWAYS FOCUSED ON  
THE NEGATIVES RATHER THAN  
THE POSITIVE THINGS IN HIS LIFE.



KNOCK!  
KNOCK!



SO, AFTER SCHOOL, SAHIL TOOK  
ARJUN TO SPEAK TO THE SCHOOL  
COUNSELOR ABOUT FINDING  
GRATITUDE.





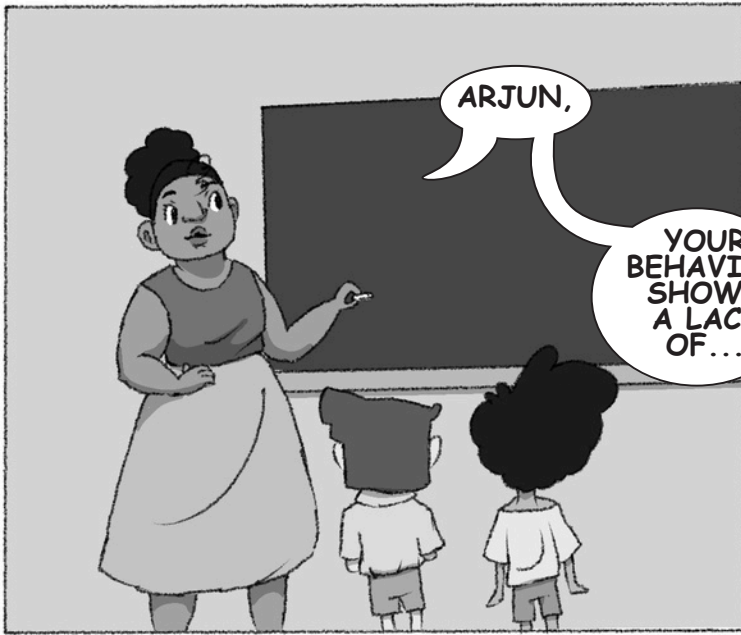


ARJUN IS MY BEST FRIEND!

BUT I CAN'T HELP BUT FEEL BAD WHEN HE DOESN'T APPRECIATE ALL THE GOOD THINGS HAPPENING AROUND HIM

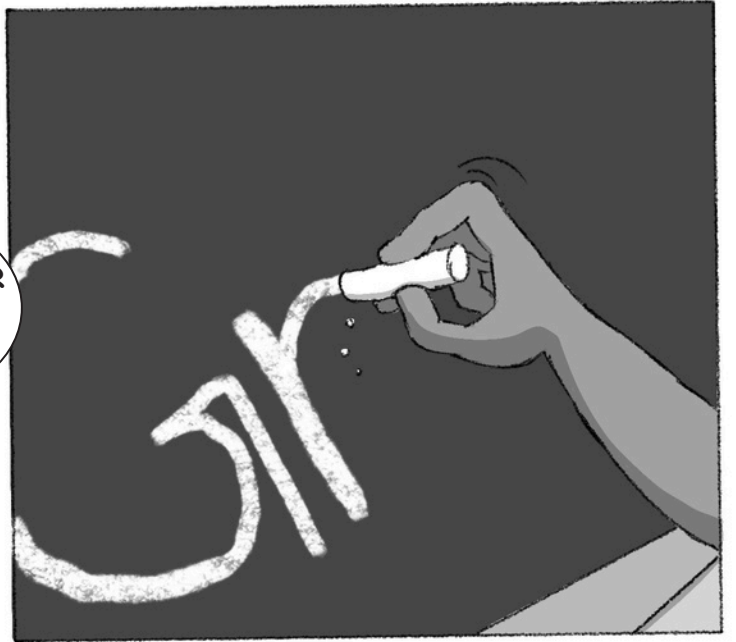


HMM...



ARJUN,

YOUR BEHAVIOR SHOWS A LACK OF...



...GRATITUDE!

Gratitude



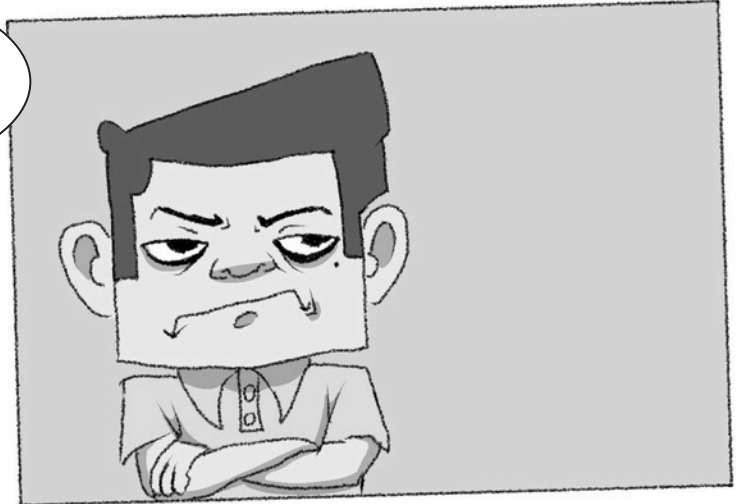
HUH?



GRATITUDE IS  
THE FEELING OR EXPRESSION  
OF THANKFULNESS AND APPRECIATION  
FOR SOMETHING OR SOMEONE

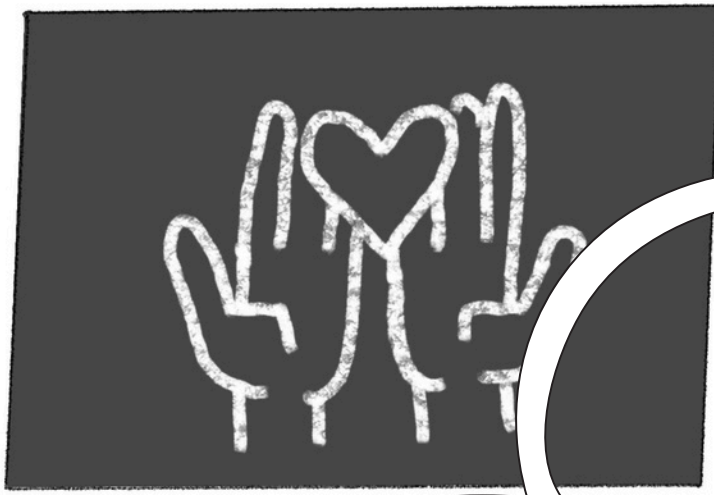
IT INVOLVES  
RECOGNIZING AND  
ACKNOWLEDGING THE  
GOOD THINGS  
IN LIFE

WHETHER THEY  
COME FROM OTHER  
PEOPLE, NATURE, OR  
CIRCUMSTANCES



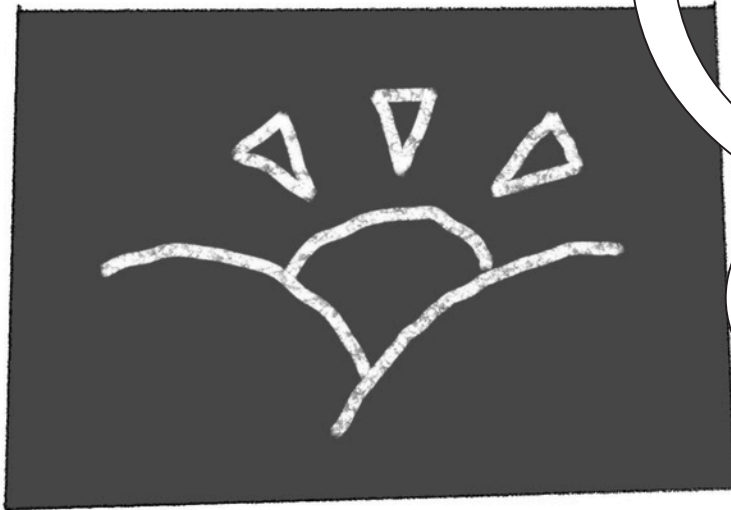
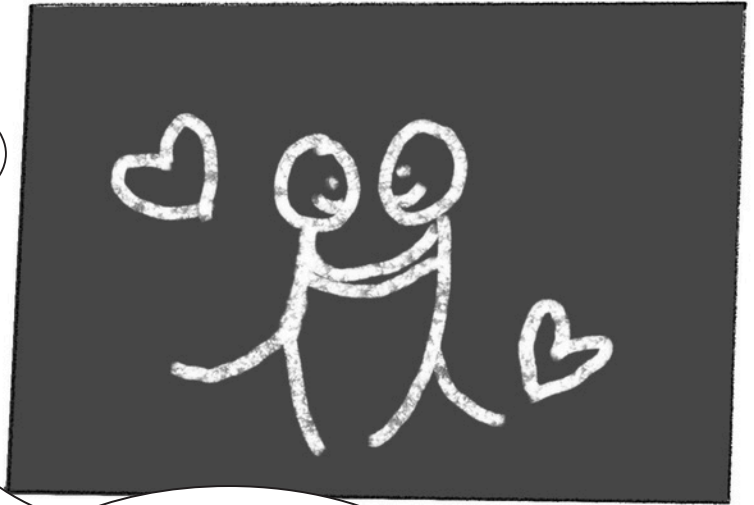
THERE ARE  
THREE TYPES OF  
GRATITUDE





PERSONAL  
GRATITUDE FOR  
WHAT YOU  
RECEIVE

INTERPERSONAL  
GRATITUDE TOWARDS  
OTHERS



AND TRANSPERSONAL  
GRATITUDE, WHICH  
MAY INVOLVE FEELING  
GRATEFUL FOR LIFE  
OR A HIGHER POWER



SO?

I WISH  
I DIDN'T HAVE  
TO SIT THROUGH  
THIS



\*SIGH\*

ARJUN,

GOOD AND  
BAD THINGS ARE  
LIKE MAGNETS:

THE MORE  
WE THINK OF  
THE BAD...



THE MORE  
BAD THINGS  
WILL HAPPEN

THE MORE  
WE FOCUS ON  
THE GOOD...

TO US!



THE MORE  
GOOD WILL  
COME TO US!





GRATITUDE WILL HELP YOU FEEL MORE POSITIVE EMOTIONS, APPRECIATE AND ENJOY GOOD EXPERIENCES, IMPROVE YOUR PHYSICAL AND MENTAL HEALTH, HELP YOU DEAL WITH ADVERSITY, AND FACILITATE BUILDING STRONG RELATIONSHIPS.

AFTER RECEIVING A COMPLIMENT FROM A FRIEND, YOU FEEL GRATEFUL AND SMILE, WHICH LIFTS YOUR MOOD AND MAKES YOU FEEL HAPPIER.



WHEN ON VACATION, INSTEAD OF FOCUSING ON THE SMALL INCONVENIENCES, YOU TAKE A MOMENT TO APPRECIATE THE BEAUTIFUL SCENERY OR THE TIME SPENT WITH LOVED ONES, ENHANCING THE JOY OF THE EXPERIENCE

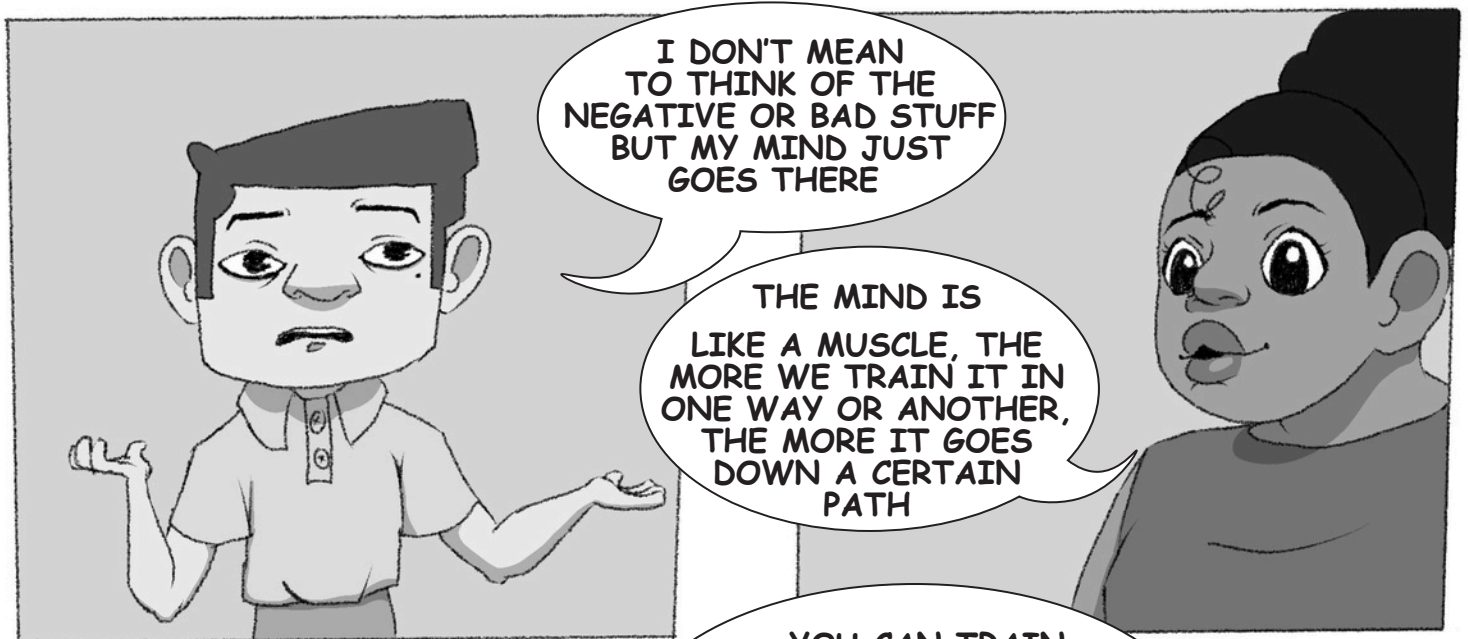




AN ATTITUDE  
THAT DOES NOT  
EXPRESS GRATITUDE  
ONLY AFFECTS YOU  
NEGATIVELY



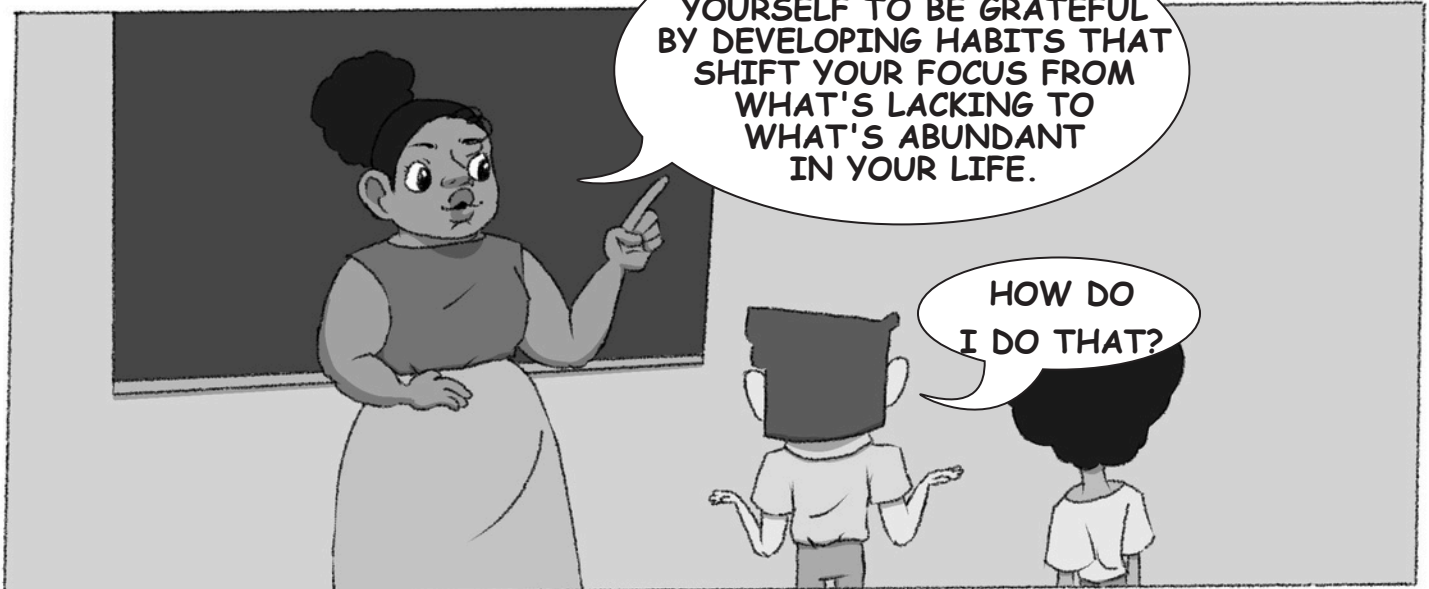
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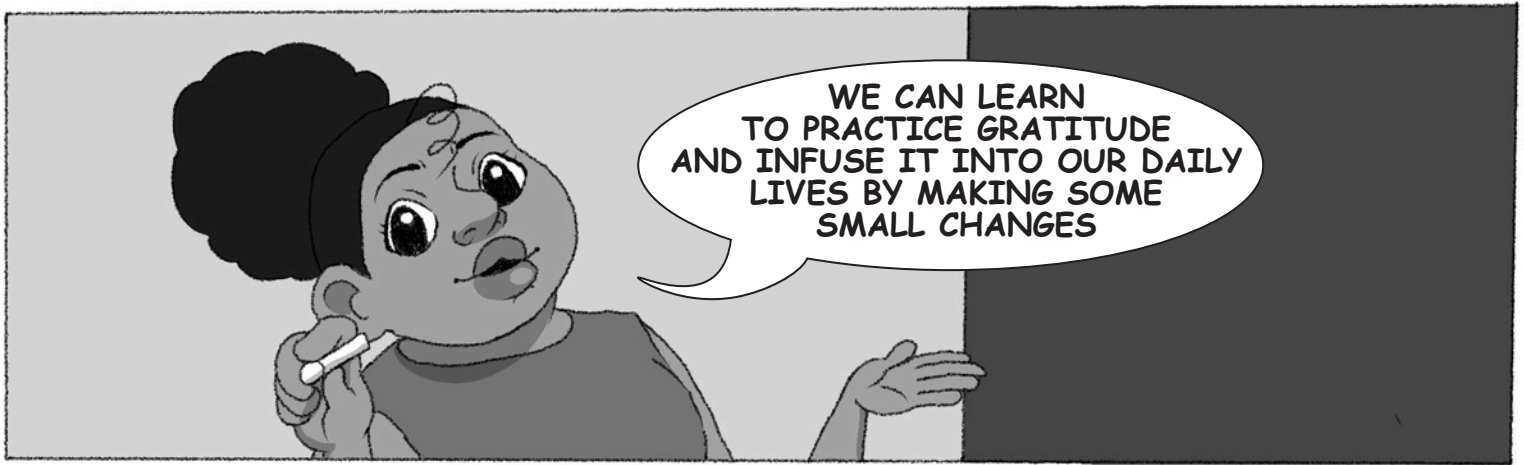
I DON'T MEAN  
TO THINK OF THE  
NEGATIVE OR BAD STUFF  
BUT MY MIND JUST  
GOES THERE

THE MIND IS  
LIKE A MUSCLE, THE  
MORE WE TRAIN IT IN  
ONE WAY OR ANOTHER,  
THE MORE IT GOES  
DOWN A CERTAIN  
PATH

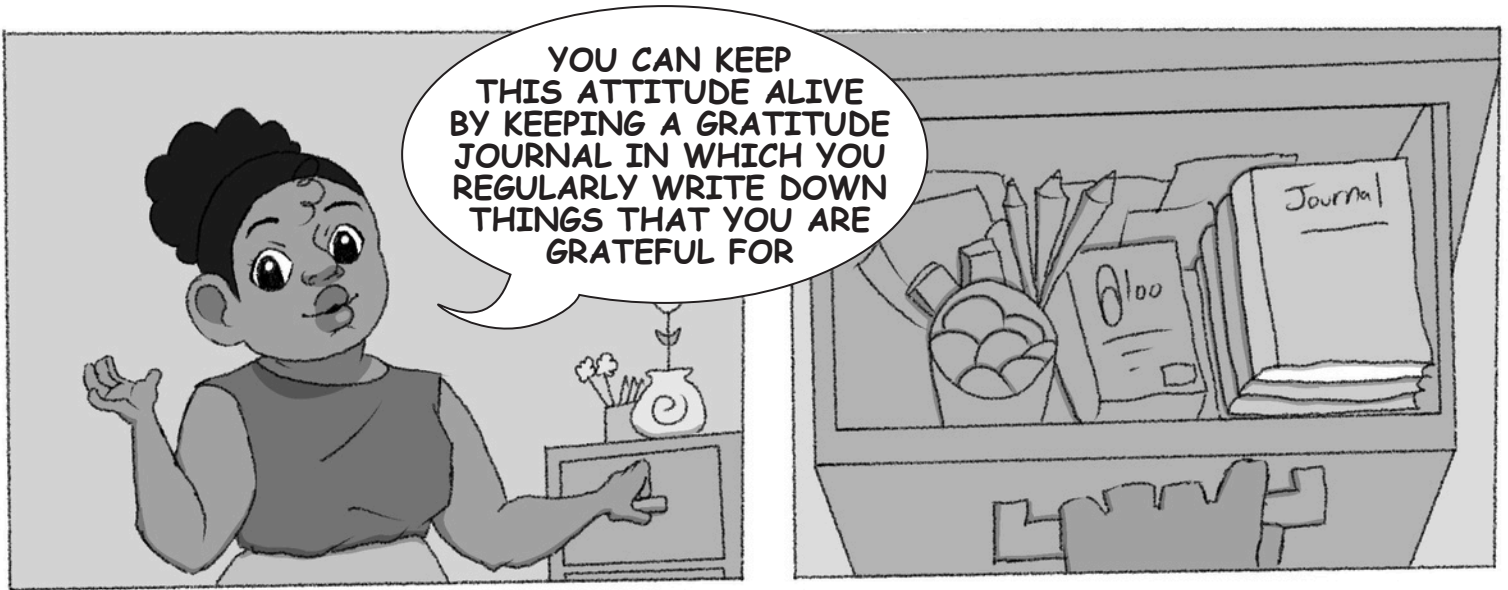
YOU CAN TRAIN  
YOURSELF TO BE GRATEFUL  
BY DEVELOPING HABITS THAT  
SHIFT YOUR FOCUS FROM  
WHAT'S LACKING TO  
WHAT'S ABUNDANT  
IN YOUR LIFE.



HOW DO  
I DO THAT?



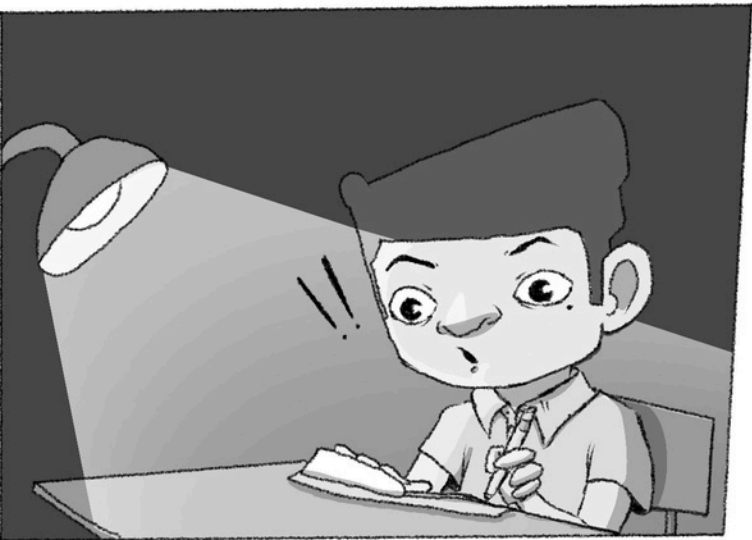
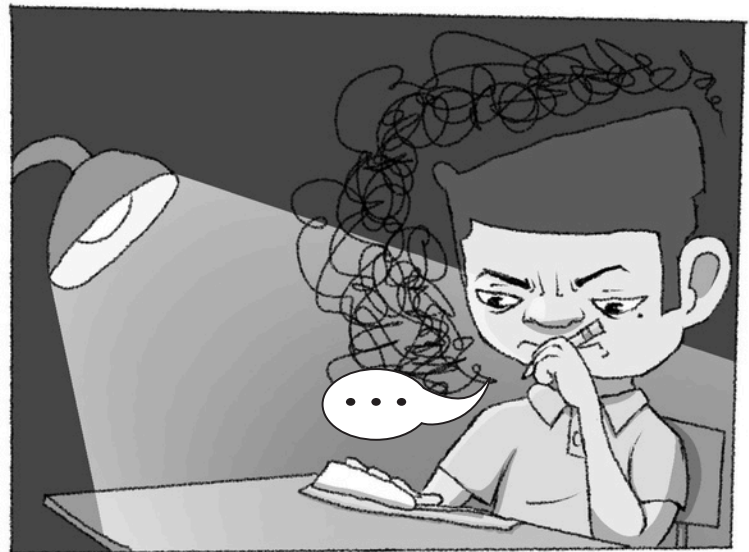




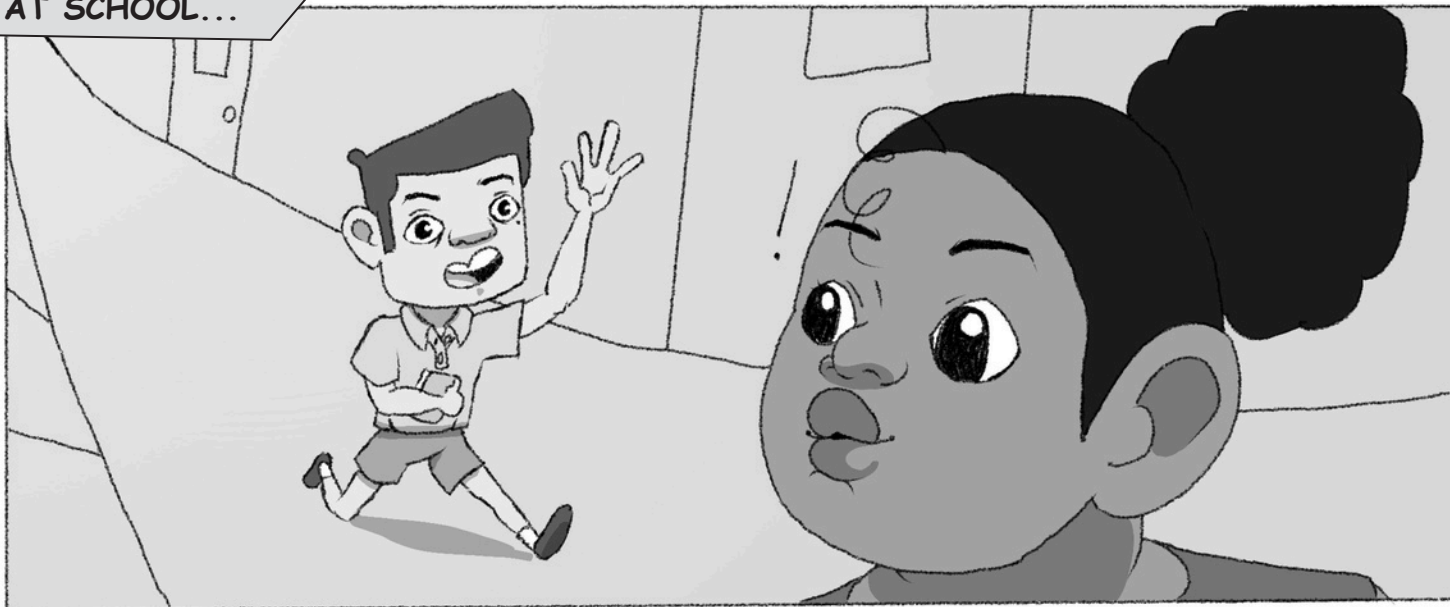




what I'm Grateful For;
1.

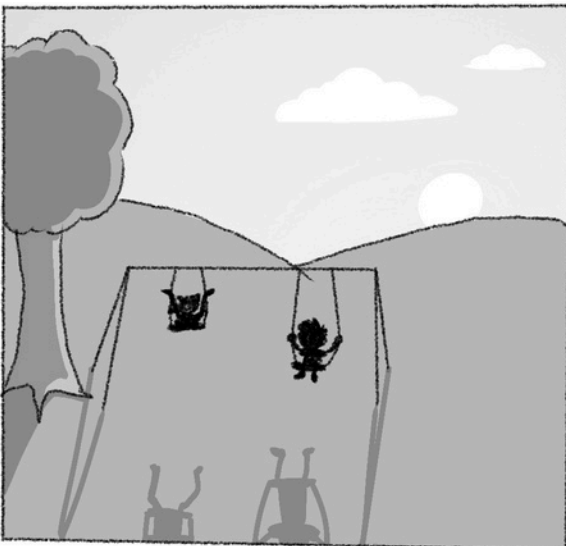
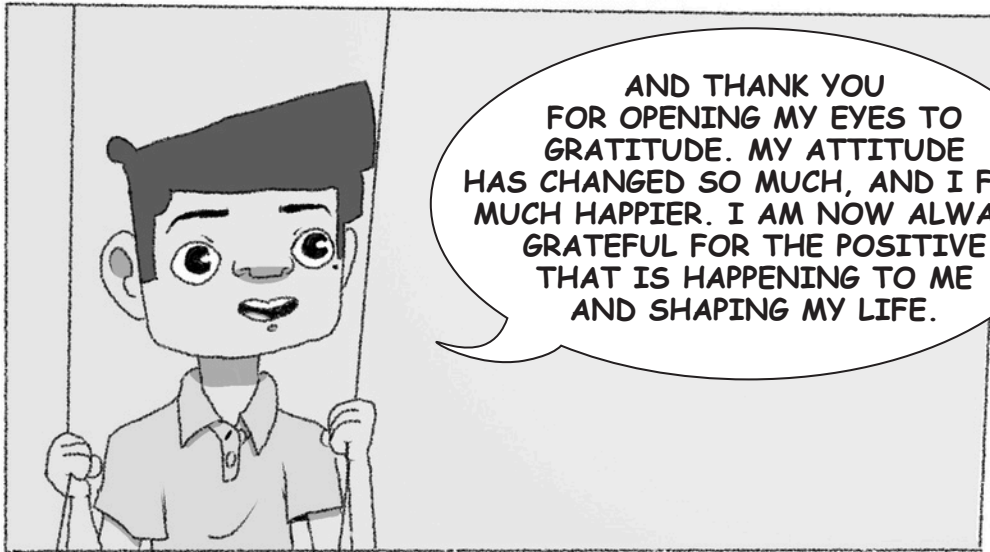
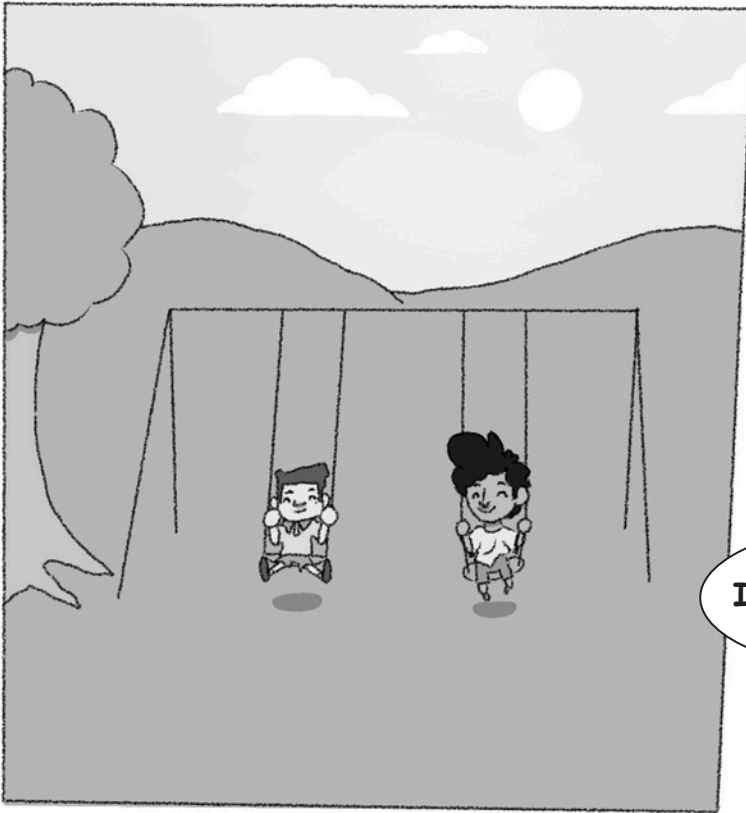


what I'm Grateful For;
1. The breakfast of scrambled eggs and cheese
2. The world around me, the plants and trees
3. My best friend Sahil!









# THE END.





This story written by Azra Bhagat and illustrated by Ed Mettler



This **Cartoon for Peace and Justice** book on the theme of **Gratitude** is part of a project of **SOS (Save Our Souls) ART**.

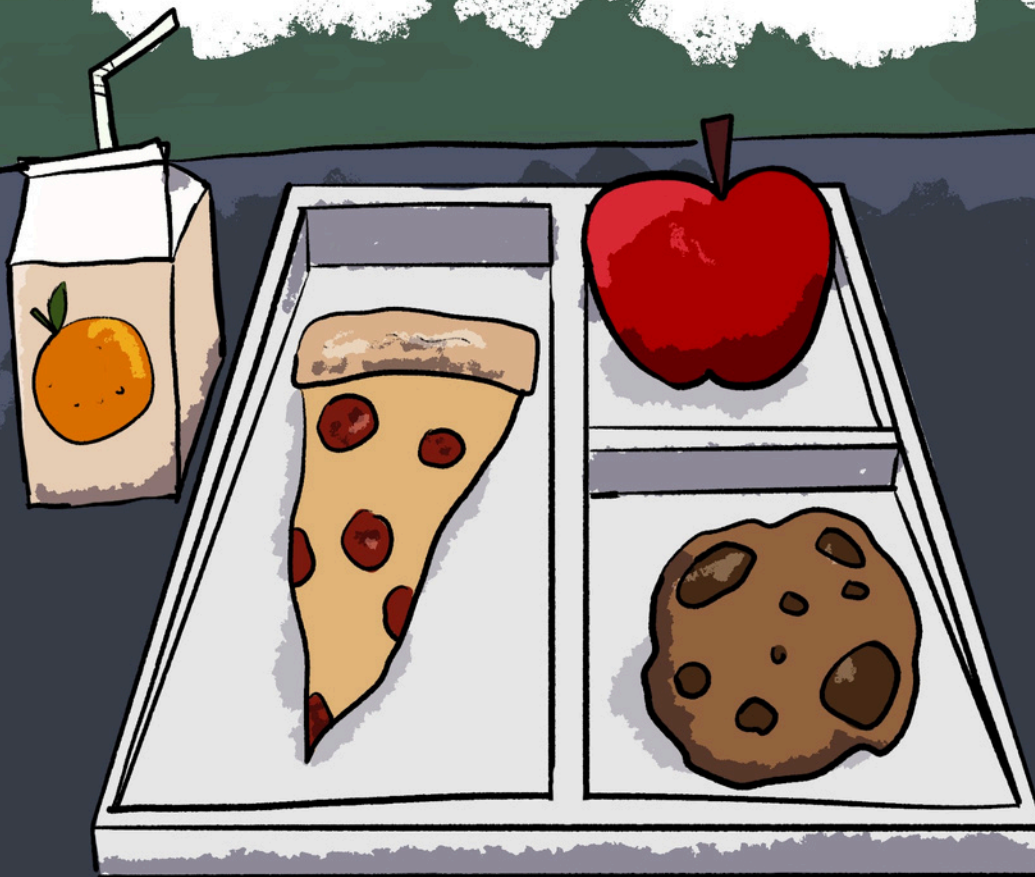
The intent of the project is to create and publish cartoon books on a given theme of peace and justice, written and illustrated by **Greater Cincinnati Artists**. The books, written **for Children and Adults of any age**, are given **free to schools** to be shared with their students and to prompt, in the classroom, a discussion and education on the addressed topic.

If you would like to take part in this project and/or support SOS ART please check [sosartcincinnati.com](http://sosartcincinnati.com) and contact [sosartcincinnati@gmail.com](mailto:sosartcincinnati@gmail.com)

*SOS ART is a nonprofit 501c3 organization whose mission is to encourage, promote and provide opportunities and venues for the Arts as dynamic vehicles for Peace and Justice and for a Better World.*

# AMERICAN LUNCH

WRITTEN & ILLUSTRATED BY:  
JESSICALINA TONGONO





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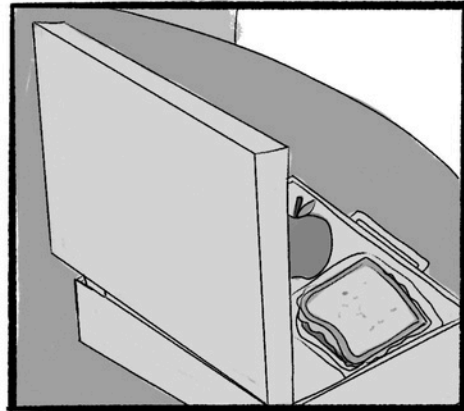
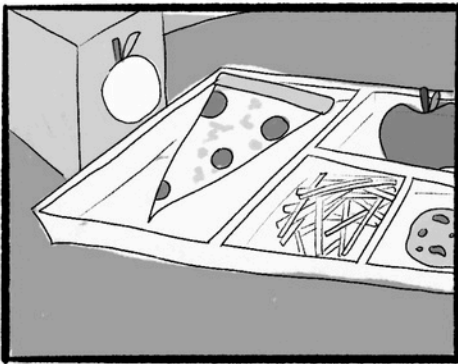
Carol Ann and  
Ralph V. Haile, Jr.

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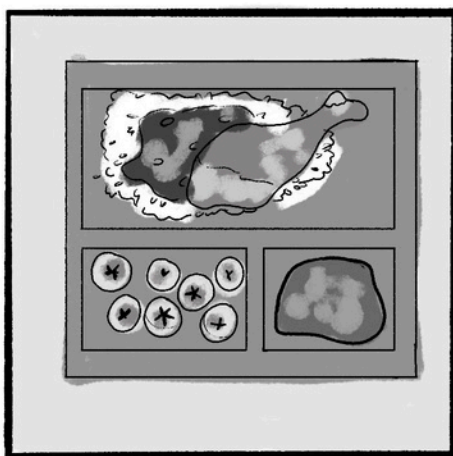
F O U N D A T I O N

*With the generous support  
of the Haile Foundation*

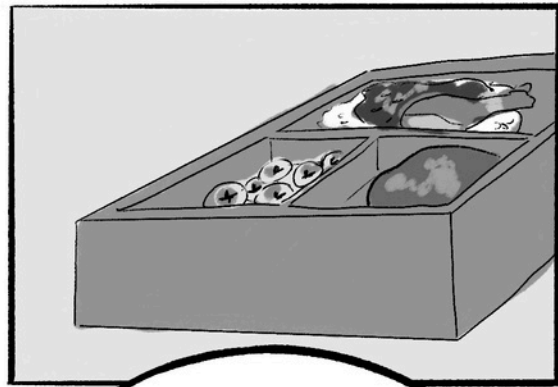












YES, I THOUGHT I  
WOULD PACK IT  
BECAUSE I MADE  
YOUR FAVORITES!



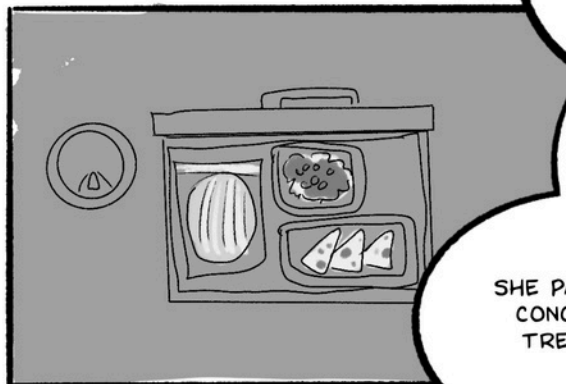
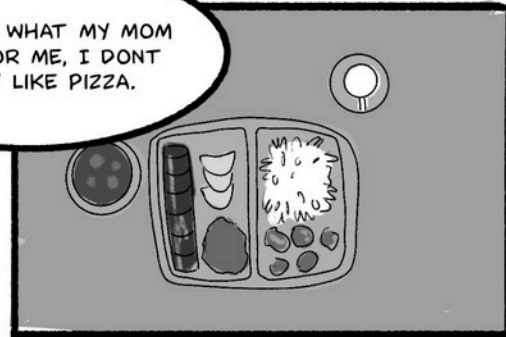
WHY COULDN'T  
YOU PACK ME  
A NORMAL  
LUNCH?

WHAT DO  
YOU MEAN  
"NORMAL"?  
THIS IS  
NORMAL.

I MEAN AMERICAN LUNCH.  
KIDS AT SCHOOL THINK MY  
LUNCHES ARE SMELLY.













WHOA!



WELL, MY PARENTS ARE  
ORIGINALLY FROM THE  
CONGO SO MY MAMA STILL  
MAKES THE FOOD SHE  
GREW UP EATING! IT'S FULL  
OF DELICIOUS SPICES AND  
INGREDIENTS! IT'S  
DIFFERENT THAN A  
NORMAL AMERICAN LUNCH...











LOOKS LIKE WE  
ALL PACKED  
SOMETHING  
SLIGHTLY  
DIFFERENT  
TODAY!



WE SHOULD  
SHARE A PART  
OF OUR  
LUNCHES SOME  
DAY!




WELL, ALL I HAVE IS  
A PACKED BLT  
SANDWICH AND SOME  
SNACKS. NOTHING  
SPECIAL LIKE YOUR  
LUNCHES.




BUT IT IS SPECIAL! IT'S  
SOMETHING YOUR  
PARENTS PACKED FOR  
YOU! IT REFLECTS YOUR  
CULTURE IN SOME WAY!  
WE SHOULD BE GRATEFUL  
FOR OUR DIFFERENCES  
AND CELEBRATE THEM  
PROUDLY!







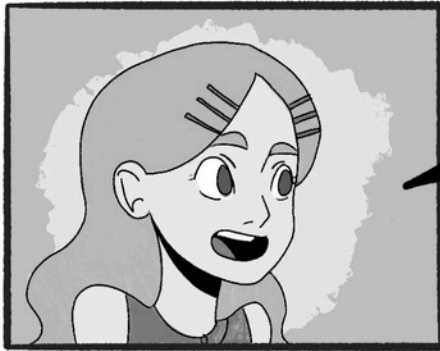
I WOULD LOVE TO LEARN  
MORE ABOUT ALL OF YOUR  
CULTURES! FOR ME, FOOD IS  
SO IMPORTANT, IT CONNECTS  
ME TO ALL THE PEOPLE I  
LOVE!



WELL, I WOULD LOVE TO INVITE  
YOU ALL TO HAVE A MEAL  
WITH MY FAMILY AND  
EXPERIENCE OUR FOOD! MAYBE  
I CAN ASK MY MOM IF WE CAN  
HOST IT AT MY PLACE!



WOW, THAT WOULD BE  
AWESOME!



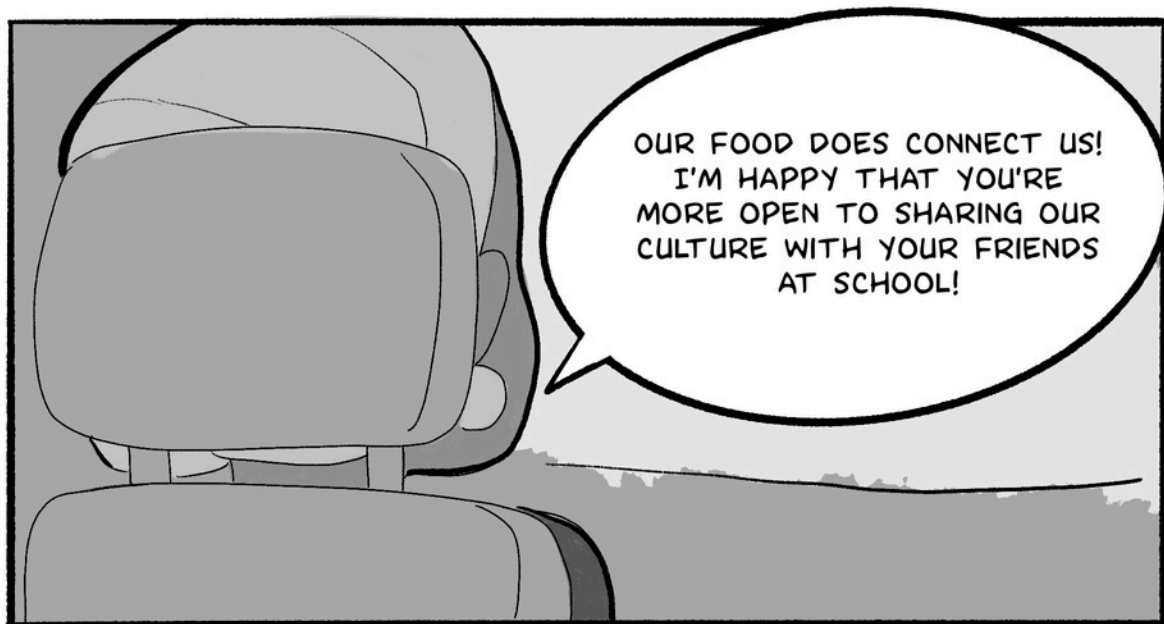
YEAH! LET'S KEEP THIS  
FRIENDSHIP AND SUPPORT  
EACH OTHER ALWAYS!



YEAH! AND, LET'S BE  
GRATEFUL THAT WE CAN  
CONNECT WITH EACH OTHER  
AND GROW AS INDIVIDUALS!

WHAT HAPPENED? YOU  
SEEM HAPPY TODAY, I  
THOUGHT YOU WOULD BE  
UPSET HAVING MISSED  
YOUR "AMERICAN" LUNCH











THE END



I AM JESSICALINA TONGONO, AKA TONY ILLUSTRATIONS! I WROTE AND ILLUSTRATED THIS STORY! I AM A FREELANCE ILLUSTRATOR AND WRITER WHO FOCUSES ON NARRATIVES AROUND SELF IDENTITY, PURPOSE, AND BELONGING! I USUALLY WRITE AND ILLUSTRATE MULTIPLE GENRES OF FICTION! MY INSTAGRAM IS @TONYILLUSTRATIONS13 AND MY WEBSITE IS TONYILLUSTRATIONS.GODADDYSITES.COM! THANK YOU FOR READING!

This story written and illustrated by Jessicalina Tongono



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