

## **I Am Thankful For Sports**

The dictionary defines thankful as “appreciating the person or thing that did something good for you or made you feel happy”. I am thankful for sports. Sports have improved my mental and physical health.

Sports improved my mental health by helping me sleep better. They relieve some stress and have increased my self-esteem and confidence. Sports improved my physical health by staying in shape, being able to do more things while I am still getting older, and sports make me stronger.

My favorite sports are soccer, basketball, swimming and football. One reason I love soccer is because I get to travel. One thing I love about basketball is I meet new friends. One thing I love about swimming is it is a good exercise for your legs and arms. One thing I love about football is I get to sit on my couch and eat chips while watching it.

Some of my favorite things about sports are: they make you a better person or a team player. Another thing is you can meet new friends. You can also win a medal or trophy!(Depending what team you're on) This is why I am thankful for sports!

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