

GRATITUDE

Parent Resource

What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

Teaching your child to be grateful for what he or she has will help your child to focus on the positive aspects of life. Showing gratitude fosters kindness.

In grades three through five, children begin:

- ✓ Recognizing and being thankful for meaningful friendships and relationships.
- ✓ Showing respect when working with others.

Below are ways you can help your child learn, practice and demonstrate gratitude:

SHARE WHY YOU ARE GRATEFUL



Share with your child something for which you are grateful. After you share, ask your child to identify three things he or she is grateful for and why.

ENCOURAGE YOUR CHILD



Encourage your child to identify different ways he or she can express gratitude toward someone.

EXAMPLE

For example, sharing kind words, giving authentic compliments and offering assistance.

LEARNING TO FOSTER AND EXPRESS GRATITUDE WILL HELP STRENGTHEN RELATIONSHIPS, BUILD CHARACTER AND IMPROVE RESILIENCY.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying three of your favorite things about your family.



Demonstrating gratitude to others through words and actions especially when situations are difficult.



ACTIVITY FOR YOU AND YOUR CHILD

Ask your child to think of something about his or her day for which he or she is grateful. Using slips of paper, have your child write each day what they are grateful for and put it into a special gratitude jar that he or she decorates. Over time, your child will find that they have a jar full of many reasons to be thankful.

