

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 kindergarten through second grade, children begin:

- ✓ Demonstrating acts of kindness.
- ✓ Understanding the ability to take turns and share with others.
- ✓ Learning ways to show respect to others.

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

IDENTIFY EXAMPLES

Encourage your child to identify different ways he or she can express gratitude. For example, your child can:

- Make the time to help others.
- Write a note or card to someone who helped them.
- Share school supplies with a classmate.



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



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Demonstrating kindness by saying please and thank you.



Writing thank you notes to adults to express your appreciation.



ACTIVITY FOR YOU AND YOUR CHILD

Talk about things for which your child is grateful. Alternatively, you can do an activity with your child that relates to gratitude and appreciation.

For example, you can play a game such as a gratitude scavenger hunt.

- Find something that makes you happy.
 - Find someone you are thankful for.
- Find something that you can share with friends or classmates.

This fun activity can help your child identify and share what he or she is grateful for in his or her life.