

Attitude of Gratitude

November 2022

Fostering an Attitude of Gratitude: Tips for Parents

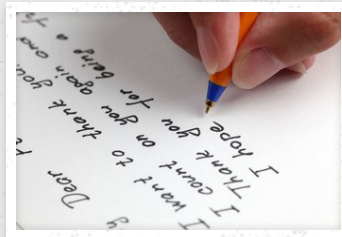
Research has shown that people who experience gratitude have more positive emotions such as joy, love, and happiness, and experience greater satisfaction with school and improved academic achievement. Parents can help their children to develop the "Attitude of Gratitude" through a variety of simple acts and activities (*tips provided by the National Association of School Psychologists*).

<https://www.nasponline.org/>



Model Practicing Gratitude

Emotions are contagious. Express thanks to your families, friends, neighbors, and strangers, and ensure that your children see you behaving gratefully.



Encourage "gratitude" thinking

For example, if your child wins the spelling bee, help her identify all those who helped along the way. Suggest she say "thank you" in person or by writing a note to someone who made a particular difference.



Share gratitude daily

Make time in the morning or at dinner for the family to share at least one thing for which each person is grateful. This can be balanced with one thing that was difficult that day, but starting with gratefulness reinforces positive connections.



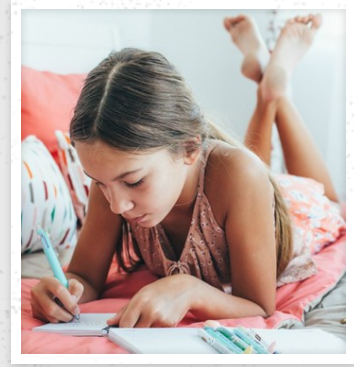
Reinforce Grateful Behavior

Watch for grateful behavior or language in your child. Identify it when it happens and reinforce him for it. For example, "That was thoughtful of you to thank your friend for helping you with your homework..."



Make a Grateful Sayings Poster

On a poster board write "For This I Am Grateful" and have each family member write or draw something on the poster that they are grateful for. Keep the poster up all month so you can add to it, and make it a priority to reflect on it daily.



Keep a Good Stuff Journal

Every night, set aside a few minutes with your child and write down three positive events from the day. Reflect on these positive events with questions such as, "What does this good thing mean to you?" or "What have you learned from taking the time to name this good thing?"



5 Family Friendly Gratitude Activities

Enjoy these activities with free printables from Riles & Bash: Gratitude conversation starters, gratitude skittles game, thankful pumpkin, gratitude scavenger hunt, and making a thankful jar!

<https://rilesandbash.com/blogs/party-ideas/family-friendly-gratitude-activities-with-free-printables>

Kindness 101 with Steve Hartman: Gratitude

In the spirit of Thanksgiving, thought this was a fitting video to share. Steve Hartman with the CBS Evening News teaches an online class on gratitude with lessons learned "On the Road."

<https://youtu.be/zfd6vtNEfrs>

November 2nd is National Stress Awareness Day - Here are some ways to take care of yourself



This newsletter is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. The purpose is to highlight information that you may find useful, and does not serve as a comprehensive list. We do not endorse any specific organization. Mahalo!

