

GRATITUDE

Parent Resource

What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

In grades six to eight, children begin:

- ✓ Understanding how attitudes and thoughts can influence behavior and affect others.
- ✓ Learning how to positively interact and respond to external influences.
- ✓ Demonstrating how gratitude can foster lasting relationships.

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

IDENTIFY WAYS TO EXPRESS GRATITUDE



Encourage your child to identify different ways he or she can express gratitude towards someone. For example, volunteering at a local community event, paying attention to and expressing appreciation for others' skills and helping a neighbor or family member.

TAKE TIME TO REFLECT



Take the time to reflect on the ways you have expressed or received gratitude today.

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



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Focusing on small daily interactions that build character in the community and at school. For example: greeting others, holding the door for the person behind you or saying please and thank you.



Discussing the importance of taking good care of one's belongings as an act of appreciation for all he or she has been given.



ACTIVITY FOR YOU AND YOUR CHILD

Help your child write thank you cards or emails to those who are helpful or supportive in his or her life. This could be a family member, teacher, friend, school leader or coach.