

GRATITUDE

PARENT LETTER

Hello Parents,

We are learning all about Gratitude. We defined being grateful as: Being thankful and showing appreciation for what you have.

Here are some ways you can teach
Gratitude to your child at home:



Share gratitude at the dinner table and/or at bedtime. Dedicate a time that as a family, you each share what you are thankful for.



Reinforce good manners by saying please, thank you, you're welcome, and excuse me.



Take a moment to point out the beauty all around you. Maybe it's the sound of the ocean waves, trees swaying in the wind, the color of the leaves, or the sunset. Share it with your child, and encourage them to look for those moments to be grateful for the small things all around us.

People who practice gratitude and intentionally count their blessings tend to be happier and less depressed.