



Real Life Families

5 Ways to Teach Kids APPRECIATION

- 1 Show them appreciation. Thank them for a job well done or for simply being your child.
- 2 Go around the table at mealtime and have everyone share one thing they appreciated about the day.
- 3 "See the good...say the good" about other people and yourself.
- 4 Use words of appreciation like "thank you", "grateful", "blessings"
- 5 Show empathy for the hard stuff, but also point out the good stuff.