

Taking it home: GRATITUDE



1. ENGAGE

I am Grateful for you! Model and teach gratitude. This month, on a sticky note or small piece of paper, write one thing each day that you appreciate about your child and post it on their bedroom door. Cover those doors and plant seeds in their heads and hearts to help them see good things about themselves.



2. EMPOWER

Find the Good! Start a gratitude journal with your child and encourage them to record one thing each day that they are grateful for: a kind act, a funny moment, a special friend, or even the smell of freshly baked cookies. Your child can record these with a drawing, a poem, or a quick sentence. Keep one of your own and share them as a family periodically. It may seem small but writing about positive experiences can have a major impact!

The obstacles we all face can either stand in our way or provide us new opportunities for growth. Now more than ever it is important that we *grow an attitude of gratitude*. We as adults have the unique opportunity to help our children grow by modeling gratefulness, encouraging them to find positives each day, and creating moments for them to affirm and build others up. If we learn to see the good, even in difficult times, we will inevitably grow an attitude of gratitude together!



3. EXCEL

Affirm Daily! Practice growing as a family through positive affirmations. At dinner, or during the day

sometime, give affirmations to each other and share the good things you see. Take it to the next level and think of someone outside of your family who you could affirm. Challenge each member of the family to handwrite a note to thank that person and send them in the mail.

CONVERSATION STARTERS

- ☐ What are some things we are lucky to have, but at times find ourselves complaining about?
- ☐ What are you most proud of?
- ☐ What is your favorite family memory?

