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Gratitude Is in You

Tips for Educators, Parents, and Caregivers

Gratitude is an important building block for a child's health, happiness, and success. Research shows that grateful children are happier, more optimistic, and enjoy school, family, friends, and themselves more. By encouraging gratitude in children you're helping them develop an appreciation for when others have done something kind for them.

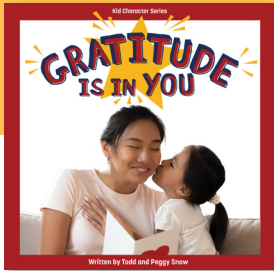
Studies show that children who regularly practice gratitude have stronger and more supportive relationships and less stress. They also feel more understood, valued, cared for, and connected with their community. As educators, parents, and caregivers, we are role models for children. The way we express gratitude—to ourselves and to others—has an impact on how children will develop and express their gratitude. Try these tips for fostering gratitude in children:

- ★ Model gratitude by expressing your appreciation through words, notes, little gifts, or acts of kindness.
- ★ Take the opportunity to discuss with children the benefits they receive from others—the value of kind words, the intention, and the cost to others.
- ★ Spend time with children to help them notice and appreciate the small things in their world. Reinforce the importance of stepping away from distractions like TV and smartphones so they can more easily invite gratitude into their daily life.
- ★ Help children identify their strengths. By doing so, they can develop the things they love which strengthens their willingness to help others.
- ★ Steer children toward engaging activities that give them a sense of community (helping others), association (working with others), and personal development (helping themselves). You'll be helping them recognize accomplishments and give them opportunities to appreciate others who have helped them.
- ★ Read this book together. Share other books and news stories about people who have shown gratitude.
- ★ Ask children what matters to them so they can discover a sense of purpose. This will help them become interested in social issues and learn ways they can make a difference.

By implementing these tips with the children in your care you'll be helping them become grateful, happy, and thriving individuals!



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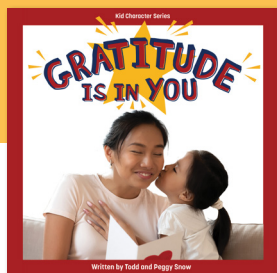
Starting your day with gratitude can set the tone for a great day! What are three things you are grateful for today?

One of the ways we show gratitude is by helping others. Describe the last time you helped someone to show that you were grateful for them.

Gratitude should extend to all aspects of your life—the people you know and the places you go! What are three things in nature that you are grateful for?



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There are so many things to feel grateful for! Fill this heart with drawings of things that you are grateful for in your life.

