

Gratitude NOVEMBER 2023



SAY IT:

Repeat the definition before and after you brush your teeth.

Gratitude: Letting others know you see how they've helped you

KNOW IT:

ASK A GROWN-UP:

- Describe a time when someone did something really special to help you. How did you show your gratitude?

ASK A KID:

- Who has done something for you recently that you are truly thankful for? How did you show them gratitude?

SEE IT:

Check out this fun little video to learn some new ways to say thank you:

<https://youtu.be/PcAuJvlj1qg>.

Which one was your favorite way to say thank you? We can have a good time learning how to say thank you in new languages, but true gratitude is often more than just those two words.

BE IT:

Make a list of some people in your life to whom you would like to show gratitude. Come up with some creative ways to let them know you've seen how they've helped you. Instead of just saying thank you, make a card, write a letter, bake a cake, do some chores or yard work, or just spend some quality time with them. Think about that specific person and the most meaningful way to show gratitude to them.

PHASE

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Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of kindness, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.