

## Gratitude NOVEMBER 2023



### SAY IT:

I can say thank you.

### KNOW IT:

#### **FAMILY DISCUSSION TIME:**

- Talk about things around you that you are thankful for and why.
- Talk about a time when someone did something for you and you showed gratitude.
- How does it feel when someone shows gratitude to you?

### SEE IT:

Check out [this video](#) to learn some new ways to say thank you. 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:

As a family, make a list of someone 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 cooperation, 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.