



gra-ti-tud

the positive state of being grateful; an overwhelming feeling of appreciation and thankfulness, and the desire to return kindness to others.

Grateful People are Happy People... Its a Fact

Help your family cultivate gratitude

Smile

Studies show that the simple act of smiling can actually change the way you feel, regardless of why you are smiling.

- relieves stress
- elevates mood
- is contagious
- boosts the immune system
- lowers blood pressure
- reduces pain
- makes you attractive
- helps you stay positive

- [35 Fun & Funny Texts to Send your Teen](#)
- [Ways to Encourage your Child's Sense of Humor](#)

Get competitive with Family Gratitude

Bingo

- Print a bingo card for each family member
- Create a menu of free or low cost prizes, depending on Get competitive with Family Gratitude Bingo how many squares get filled

- Use this [Family Bingo Card](#) (for little and BIG kids) or customize your own

Use a Gratitude Journal

Writing down three good things at the end of each day has shown to:

- relieve stress
- lift depressed feelings
- improve health
- build resilience
- bring on a smile

Try a FREE journal app:

- [Delightful - Gratitude Journal & 3 Good Things](#) (ios or android)
- [Presently: A Gratitude Journal](#) (android)

Stop Comparing

“Comparison is the thief of joy.” —Theodore Roosevelt

- Developing Awareness
- Identify what Makes them Special
- Set Health Limits on Social Media
- Understand the Impact of Self-Esteem
- Strengthen their own Sense of Self-Worth

[Help your tween/teen avoid the comparison trap](#)



Visit [Jeffco Public School's Mental Health and Wellness Hub](#)

More Cool Stuff

[Daily Gratitude Activity Checklist](#)
[40 Quotes about Gratitude](#)

For little kids - [Read books about Gratitude](#)

[Gratitude Playlist](#): Listen on Spotify or create your own
Say, [“Hey Siri, play the Gratitude playlist”](#)
If you've got Apple Music...it works