

COUNSELOR'S CONNECTION

NOVEMBER EDITION

MONTH OF GRATITUDE

GRAT-I-TUDE

The quality of being thankful; readiness to show appreciation for and to return kindness

November is typically known as the month of gratitude where we are able to reflect on what we are thankful for in our lives. The students have been working on how they can show their gratitude in class.

Gratitude practices create feelings of happiness, positivity, optimism, and boosts self-esteem. It can be practiced by simply saying "please" and "thank you" to others. Some other ways to practice gratitude are to:

- Write "Thank You" Letters
- Give compliments to others
- Make a list of things you are thankful for
- Keep a gratitude journal
- Try to look at the "bright side" of situations

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.

A.A. Milne



This month at the UES:
We are teaching counseling lessons in the classrooms about conflict vs. bullying. See the Counseling Corner Website for our flyer on the topic!