Counselor's Connection

November 2025

GRATITUDE

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 we can 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

