GRATITUDE

Family Newsletter

PurposeFULL People

Gratitude Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is "choosing to appreciate the people and things in our lives." Practicing Gratitude can increase our well-being and even our happiness!

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students **Be Well**. Across grade levels, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

Conversation Starters

- Can you share or show what it means to practice Gratitude?
- What is something you are Grateful for every day?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Gratitude. Here are 2 "PurposeFull Pursuits" you can complete together!

#1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.



#2

Review Gratitude as a family! Remember that Gratitude is choosing to appreciate the people and things in our lives.

Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.