

## GROW Well Strengths-Based Curriculum

**Always Our Best** 

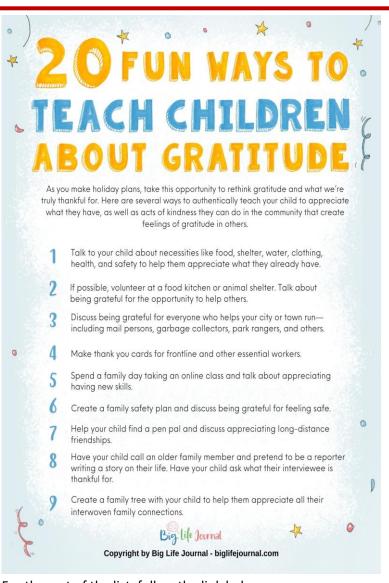
Gratitude is the acknowledgement and expression of thanks for what positives that feature in your life.

From people to resources, when you adopt mindfulness and begin seeking and expressing gratitude, there are many benefits. Better sleep, less stress and improved all round health are just some of the positives that come from noting gratitude and expressing it to those who contributed.

Taking a moment to enjoy the weather on a fine day, thanking someone for a small gesture or embracing the gratitude of all we do have, rather than what we do not, are all forms of gratitude.







For the rest of the list, follow the link below: https://biglifejournal.com/blogs/blog/ways-teach-kidsgratitude

## What our students have to say...

'Gratitude is when you're focused on the present moment and grateful for the things you have.' Grace, Grade 5

'Gratitude is feeling happy and saying thank you.'
Phoebe & Lara, Grade 1

'Grateful for having education and having things we need like food and water.' Aiden, Grade 5

'Gratitude is being pleased with what we do have, not thinking about what we don't have.' Henry & Haron, Grade 4



## TODAY I'M GRATEFUL FOR MY KIDS:

- ♦ WANTING THEIR WAY **=** BEING PERSISTENT
- CLINGING TO ME
  BEING AFFECTIONATE
  AND CONNECTED
- DEMANDING THINGS = BEING ASSERTIVE
- ♦ NOT SITTING STILL = BEING ENERGETIC AND JOYFUL
- ♦ WHINING ALL DAY = COMMUNICATING
  THEIR NEEDS
- ♦ BEING LOUD = BEING EXPRESSIVE AND CONFIDENT

WE MAY NOT HAVE THE POWER TO CONTROL OUR CHILDREN.
BUT WE DO HAVE THE POWER TO ADJUST OUR THOUGHTS AND
FEELINGS ABOUT THE STRUGGLES OF PARENTING.

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feeling gratitude and not expressing it is like wrapping a present and not giving it.

Hilliam Arthur Hard

As with all character strengths, children are more likely to adopt them themselves when they see them modelled.
Reframing things in a positive way by seeking the good, and expressing that out loud will not only improve your health, but your child will see that too and be able to practise it themselves.
Taking the time to say thank

you to those who have helped you, whether in word or gesture, is a valuble life skill to model.

Sometimes simply reframing how we look at our challenges and celebrating the successes, no matter how small, can help show a positivity that wasn't there before.