



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.



Gratitude



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20 FUN WAYS TO TEACH CHILDREN ABOUT GRATITUDE

As you make holiday plans, take this opportunity to rethink gratitude and what we're truly thankful for. Here are several ways to authentically teach your child to appreciate what they have, as well as acts of kindness they can do in the community that create feelings of gratitude in others.

- 1 Talk to your child about necessities like food, shelter, water, clothing, health, and safety to help them appreciate what they already have.
- 2 If possible, volunteer at a food kitchen or animal shelter. Talk about being grateful for the opportunity to help others.
- 3 Discuss being grateful for everyone who helps your city or town run—including mail persons, garbage collectors, park rangers, and others.
- 4 Make thank you cards for frontline and other essential workers.
- 5 Spend a family day taking an online class and talk about appreciating having new skills.
- 6 Create a family safety plan and discuss being grateful for feeling safe.
- 7 Help your child find a pen pal and discuss appreciating long-distance friendships.
- 8 Have your child call an older family member and pretend to be a reporter writing a story on their life. Have your child ask what their interviewee is thankful for.
- 9 Create a family tree with your child to help them appreciate all their interwoven family connections.

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For the rest of the list, follow the link below:

<https://biglifejournal.com/blogs/blog/ways-teach-kids-gratitude>

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

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

William Arthur Ward

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 valuable 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.

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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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