



EXPLORE THE IMPORTANCE OF GRATITUDE

Daily Reflections: Encourage children to share what they are grateful for each day.

Gratitude Journals: Create gratitude journals where children can draw or write about things they appreciate.

Thank You Notes: Teach children to write thank you notes for gifts or acts of kindness.

Here are some resources to help nurture gratitude in your family.

I'm Grateful

Because I Am

DISCOVER THE MAGIC OF GRATITUDE

1

Gratitude Walks: Take walks and discuss the beauty and wonders of the world around you.

2

Sharing Stories: Share stories about gratitude and discuss how the characters express thankfulness.

3

Family Gratitude Jar: Start a family gratitude jar where everyone can add notes about things they are grateful for.

THE IMPORTANCE OF GRATITUDE



- **Positive Outlook:** Gratitude helps children develop a positive outlook on life.
- **Stronger Bonds:** Expressing gratitude strengthens relationships and builds social bonds.
- **Emotional Well-being:** Gratitude enhances emotional well-being by focusing on the good in life.

