

COUNSELOR'S CORNER

A helpful Tool for Parents ☺
- Davie Jones Elementary -

Gratitude

Research tells us that practicing gratitude is not only a positive mindful exercise, but helps us build balance and joy in our lives. By having gratitude-related conversations with your child(ren), you can encourage them to become more present, look at the positives, improve their immunity and sleep.

Helpful Ideas for Home:

- 1) Say please and thank you.
- 2) Help someone less fortunate.
- 3) Volunteer.
- 4) Send out thank you cards.
- 5) Look for the good in the day.
- 6) Share gratitude at bedtime or dinner.
- 7) Compliment and praise others.
- 8) Keep a child or family gratitude journal.
- 9) Write an appreciation letter to a teacher.
- 10) Discuss needs versus wants at home.
- 11) Make someone a thoughtful gift.
- 12) Practice turning complaints into positives.
- 13) Donate to a meaningful organization.
- 14) Take nature walks or do something as a family you all enjoy.
- 15) Work through envy and jealousy.
- 16) Discuss world issues such as poverty or war with a focus on being thankful for what we have.

December Guidance Lessons:

Gratitude

