

Gratitude

SEL Resource for Families Nov. 2016

SEL Core Competencies:
Self Management & Growth
Mindset

What is Gratitude?

You notice and are thankful for the people and things in your life and that you are ready and willing to return kindness to people and things in your life.

Why is it not always easy to be optimistic?

Appreciation

is a wonderful thing. It makes what is excellent in others belong to us as well.”

— Voltaire

Gratitude and optimism share a similar connection to the brain. As we learned in September, our brains are wired to be more sensitive to negative experiences. As a result, it is harder for us to stop and take notice of people, things, or experiences that we are grateful for. Recent studies show that practicing gratitude can increase happiness by 25%.

What does this mean?

Find time everyday to focus on what you are grateful for.

Online Resources:

- <http://parenttoolkit.com>
- <https://characterlab.org>
- <http://www.today.com/news/get-grateful-20-ways-teach-kids-gratitude-tots-teens-ID80297963>

Let's practice gratitude everywhere!

What can you do at home?

- Spend time every night sharing moments during the day you are thankful for.
- with your child, brainstorm people in his/her life that they are thankful for and think of ways they can express it (writing notes of gratitude, clearing the dinner table, offering to help complete a task or chore, etc)

Coming Next Month:
Perseverance

We Are. We Belong. We Can.