



Gratitude

GRATITUDE means being thankful for someone or something.

Activity 1

Share the meaning of **GRATITUDE** with your child. Explain how gratitude means being thankful for someone or something. When we express gratitude, we are showing our appreciation for what we have and what we receive. Find ways to reinforce the principle of gratitude by communicating your thankfulness throughout the day with your child. Simple comments like “we are so lucky to have Grandma close enough to visit,” or “what a great help you were with the dishes,” make gratitude a part of every day. At the dinner table each night this week, have each family member share two things that they are grateful for that day.

Activity 2

Play a game with your child where he or she tries to guess what you are thinking. You can make all kinds of faces or gestures to try to give clues. Then, reverse it and have them think of something while you try to guess. Discuss how effective you were at reading each other’s mind. Explain to your child that sometimes we are grateful, but we don’t take time to communicate those feelings. Help your child think of a gift or act of kindness he or she has received from someone. Encourage him or her to write a sincere “thank you” note as an expression of gratitude. If possible, assist your child in mailing or delivering it.

Activity 3

Help your child spell out the word “G-R-A-T-I-T-U-D-E” on a sheet of paper. With your child, write or tell something that you are grateful for that begins with each letter of the word “gratitude.” As an extended activity, together with your child identify something you appreciate that begins with every letter in the alphabet.

Activity 4

Together with your child, list as many ways as you can think of to express gratitude. One way is saying or writing the words “thank you!” Explain that another way to express kindness is to return the kindness by doing something nice in return. Discuss how sometimes, an extra big smile with a hug says “thank you” without ever having to say any words. Teach your child that the sign for “thank you” in American Sign Language is almost like blowing a kiss. (A person puts his or her hand near their mouth, palm toward face, almost like they were going to kiss their hand and then extends the hand toward someone with the palm facing up.) Practice saying “thank you” without words with your child.

Activity 5

Encourage each member of your family to write or draw a picture of something that they appreciate about each other. Examples could include anything from “she makes my dinner,” to “he makes me laugh,” to “she loves me.” Let your child know how grateful you are to have him or her in your family.