

GRATITUDE

Parent Resource

GRADES
9-12

What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

In grades nine through twelve, children begin or continue:

- ✓ Learning how actions can affect others.
- ✓ Analyzing how actions and reactions can influence one to respond in different situations.
- ✓ Understanding how acts of service can cultivate gratitude.

Below are ways you can help your child learn, practice and demonstrate gratitude:

DISCUSS GRATITUDE IN YOUR COMMUNITY

Discuss with your child ways you have expressed gratitude in the workplace or in the community.

EXAMPLE

For example, celebrating small wins when working in a group or volunteering for a worthwhile cause.

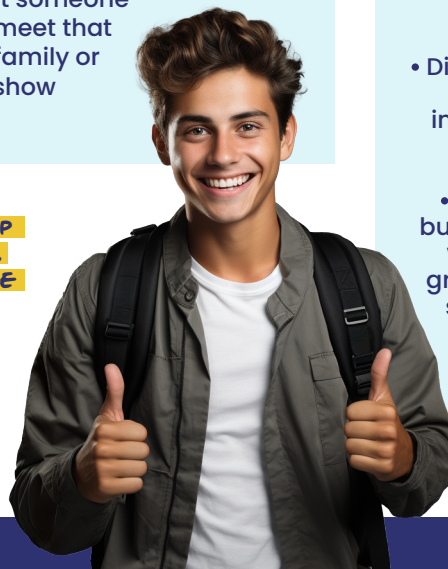
IDENTIFY WAYS TO EXPRESS GRATITUDE

Encourage your child to identify different ways he or she can express gratitude towards someone.

EXAMPLE

For example: observing what someone needs and taking action to meet that need, cooking for his or her family or writing a thank you card to show appreciation to a friend.

LEARNING TO FOSTER AND EXPRESS GRATITUDE WILL HELP STRENGTHEN RELATIONSHIPS, BUILD CHARACTER AND IMPROVE RESILIENCY.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Demonstrating effective and respectful communication skills and strategies.



Recognizing the contributions and sacrifices of others that make opportunities possible.



ACTIVITY FOR YOU AND YOUR CHILD

Discuss with your child the importance of having and demonstrating gratitude. For example,

- Discuss ways your child can show gratitude in the community, including exploring opportunities through volunteerflorida.org.

- Talk about the importance of building professional relationships, which includes demonstrating gratitude. Share examples, such as sending a personalized thank you note after a job interview, which can set you apart from the other applicants.