



Practice Gratitude

A focus on gratitude (or feeling thankful) helps young children form, maintain, and strengthen supportive relationships and experience more satisfaction with their lives. Make practicing gratitude a regular part of your classroom by carving out a time for it.

For example:

Model your own gratitude:

- ◆ Tell the children something they have done to make you feel grateful.
- ◆ Tell the children something else about your life or that has happened in your life that has made you feel grateful.

Ask children to practice gratitude:

- ◆ Name one thing that has happened so far today that made you feel thankful or grateful.
- ◆ Name something a friend did for you or with you today that made you feel grateful.
- ◆ Name something you ate over the weekend that made you feel grateful.
- ◆ Name something someone said to you today that made you feel grateful.