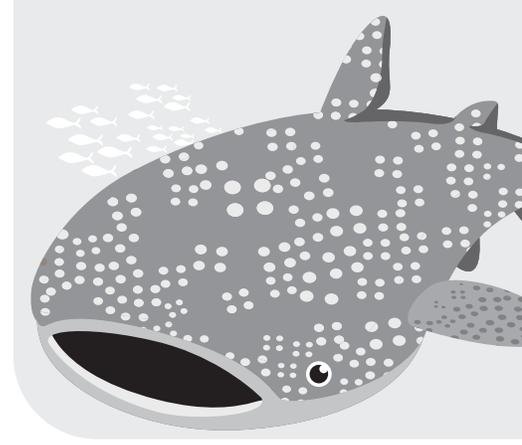


Gratitude NOVEMBER 2020



SAY IT:

Gratitude means letting others know you see how they've helped you.

KNOW IT:

ASK A KID:

- Think back to the spring earlier this year. School was canceled for the rest of the year and many parents were working from home, but many workers continued to help us by doing their jobs. It is not too late to thank them. How could you express your gratitude?
- What are some ways you thank the people who help you, particularly family members?

ASK A GROWN UP:

- Share a story of a time when you showed your gratitude to someone. How did that feel? How did the person respond?

SEE IT:

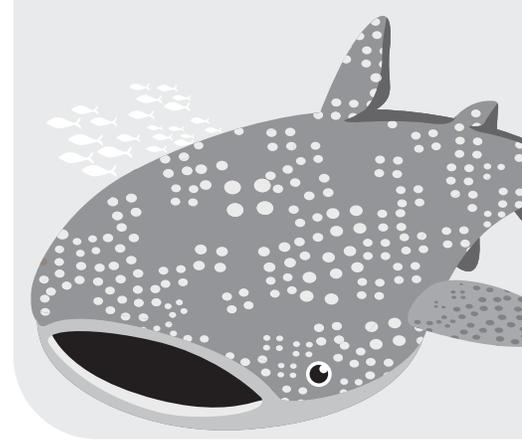
Thanksgiving is a special holiday and a time that we reflect on all the things we are thankful for. As a family, create a gratitude tree. Find a vase or jar and place sticks in it and place it in a prominent place. Trace leaves on paper and cut them out. Have each member of the family write things they are thankful for on their leaves. Once they are complete, punch holes in the leaves and hang them from the sticks. Throughout the Thanksgiving holiday season, reflect on all the things you are thankful for as a family. Feel free to add to the tree as you think of more things!

BE IT:

As a family, discuss people who have helped your family, either directly or indirectly. Plan a way to express your gratitude over the next few weeks.

PHASE

Gratitude
NOVEMBER 2020



Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of gratitude, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.