



### GRATEFULS & GRUMBLES

Research shows that young people who approach life with an attitude of gratitude experience many benefits. The benefits of being grateful include mental wellness, school success, generosity, and even physical health. An attitude of gratitude isn't something that people are born with or not; very young children can begin to learn skills and practices that will help them move through life with an appreciative mindset. Today your child learned about the concept of gratitude and some ways he or she can start to incorporate gratitude practices into everyday life.

One of the activities your child did was called GRATEFULS and GRUMBLES. Each child shared something he or she was thankful for today – a GRATEFUL, as well as something that's difficult or frustrating – GRUMBLE. This is an activity you can do at home.

### AT HOME ACTIVITY

A fun, creative family project is to make a Gratitude Jar. Clean out a glass jar with a lid. Decorate it in any way you like. Every day or whenever you feel inspired, invite each family member to say aloud something they are grateful for and put a coin (penny, nickel, quarter) in the jar. When the jar is full, take out the money and donate it to a cause or organization you want to support. This activity not only reminds young people of the things they are grateful for, it teaches them the practice of sharing their good fortune with others.

Alternatively, instead of putting money in the jar, family members can write their gratefuls on slips of paper that can be pulled out and read whenever a reminder is needed!



### HEALTHY ACTIVE LIVING

Outdoor play can help the body, mind and spirit and it is a great place to practice gratitude. Creating an outdoor art project gets kids outside, moving their bodies, engaging their minds and appreciating all that the outdoors has to offer. Offer kids a paper bag to bring outside and collect treasures. They will use what they find to create a creature (bug, monster, animal). Once everyone is back inside, have kids think about the creature they want to make and offer clues about what items can be used for body parts (for example, a rock can be a body or twigs can serve as legs). Kids can glue their creature together and show and tell with others.