

GRATITUDE

Parent Resource

GRADES
3–5

What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

Teaching your child to be grateful for what he or she has will help your child to focus on the positive aspects of life. Showing gratitude fosters kindness.

In grades three through five, children begin or continue:

- ✓ Recognizing and being thankful for meaningful friendships and relationships.
- ✓ Showing respect when working with others.

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



SHARE WHY YOU ARE GRATEFUL

Share with your child something for which you are grateful. After you share, ask your child to identify three things he or she is grateful for and why.



ENCOURAGE YOUR CHILD

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

EXAMPLE

Teach your child how to share kind words, give authentic compliments and offer assistance to others.

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



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying three of your favorite things about your family.



Demonstrating gratitude to others through words and actions especially when situations are difficult.



ACTIVITY FOR YOU AND YOUR CHILD

Ask your child to think of something about his or her day for which he or she is grateful. Using slips of paper, have your child write each day what they are grateful for and put it into a special gratitude jar that he or she decorates. Over time, your child will find that they have a jar full of many reasons to be thankful.