

# GRATITUDE

## Parent Resource

GRADES  
**6-8**

### 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 six to eight, children  
begin or continue:

- ✓ Understanding how attitudes and thoughts can influence behavior and affect others.
- ✓ Learning how to positively interact and respond to external influences.
- ✓ Demonstrating how gratitude can foster lasting relationships.

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

#### IDENTIFY WAYS TO EXPRESS GRATITUDE

Encourage your child to identify different ways he or she can express gratitude toward someone (for example, volunteering at a local community event, paying attention when others are speaking, expressing appreciation for others, or helping a neighbor or family member).

#### TAKE TIME TO REFLECT

Take the time to reflect on the ways you have expressed or received gratitude today.

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

RESILIENCY  
FLORIDA

### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Focusing on small daily interactions that build character in the community and at school (for example, greeting others, holding the door for the person behind you, or saying please and thank you).



Discussing the importance of taking good care of one's belongings as an act of appreciation for all he or she has been given.



### ACTIVITY FOR YOU AND YOUR CHILD

Help your child write thank you cards or emails to those who are helpful or supportive in his or her life. This could be a family member, teacher, friend, school leader or coach.

