

# GRATITUDE

## Parent Resource

GRADES  
**9–12**

### 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 nine through twelve, children begin or continue:**

- ✓ Learning how actions can affect others.
- ✓ Analyzing how actions and reactions can influence one to respond in different situations.
- ✓ Understanding how acts of service can cultivate gratitude.

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

#### DISCUSS GRATITUDE IN YOUR COMMUNITY

Discuss with your child ways you have expressed gratitude in your workplace or community.

##### EXAMPLE

Teach your child to celebrate others' successes when working in a group or volunteering for a worthwhile cause.

#### IDENTIFY WAYS TO EXPRESS GRATITUDE

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

##### EXAMPLE

Encourage your child to observe what someone needs and take action to meet that need, cook for his or her family, or write a thank you card to show appreciation to a friend.

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

**SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:**



Demonstrating effective and respectful communication skills and strategies.



Recognizing the contributions and sacrifices of others that make opportunities possible.



#### ACTIVITY FOR YOU AND YOUR CHILD

Discuss with your child ways he or she can show gratitude in the community (for example, exploring opportunities through [volunteerflorida.org](http://volunteerflorida.org)). Talk about the role gratitude plays in building professional relationships (for example, sending a personalized thank you note after a job interview can set you apart from the other applicants).