

# GRATITUDE

Parent Resource

## What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

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 the workplace or in the community.

#### EXAMPLE

For example, celebrating small wins when working in a group or volunteering for a worthwhile cause.

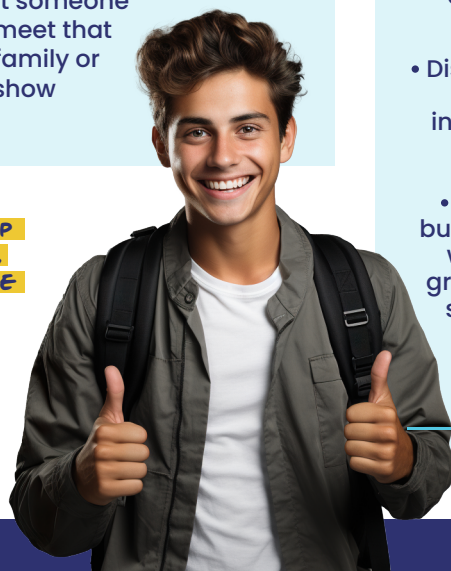
### IDENTIFY WAYS TO EXPRESS GRATITUDE

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

#### EXAMPLE

For example: observing what someone needs and taking action to meet that need, cooking for his or her family or writing 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 the importance of having and demonstrating gratitude. For example,

- Discuss ways your child can show gratitude in the community, including exploring opportunities through [volunteerflorida.org](http://volunteerflorida.org).

- Talk about the importance of building professional relationships, which includes demonstrating gratitude. Share examples, such as sending a personalized thank you note after a job interview, which can set you apart from the other applicants.