

+Gratitude: Parent Edition

The November Character Trait of the Month

Every month, our school is providing your student with a video-based lesson on the character trait of the month. November seems like the perfect time to focus on thankfulness. This month, parents get a video, too! We hope you'll enjoy this short video on ways you can teach your children to be more grateful.

 [How to Talk with Kids about Gratitude](#)

Reflection Questions:

1. This video suggested using the following prompts to help children deepen their understanding of gratitude: "Notice...Think...Feel...Do." What are some ways kids can show thankfulness other than just saying "Thank you"?
2. What are some reasons that grateful kids might have better life outcomes, as referenced in this quote from the video:

"Studies show grateful kids and teens are less likely to be jealous, depressed, and materialistic, and more likely to be satisfied with their community, engaged and doing well in school, and have better social support."

3. Do you agree or disagree with this statement: "Developing gratitude takes practice, reflection, and time." Is this true for all children? Are you satisfied with your kids' current level of gratitude? If not, what steps will you take to help them build it?