



Social Emotional Learning (SEL) @ Home

Growing Gratitude in the Gunston Garden

November 2022

THE SKILLS OF GRATITUDE

Notice - Think - Feel - Do

Notice - What do you notice in your life that you can be grateful for?

Think - Think deeply about why you have been given this thing you value.

Feel - How do you feel about the thing you have been given?

Do - What can you do to express appreciation?

The Benefits of Gratitude



BUILDS MORE POSITIVE FEELINGS

- Puts you in a better mood
- Brings more happiness
- Reduces symptoms of depression
- Increases empathy for others
- Reduces aggression and anger toward others
- Overcome stressful situations more easily – **promotes resiliency!**
- Builds better self-esteem

HELPS YOUR PHYSICAL HEALTH

- Improves your ability to sleep
- Lowers your stress responses
- Lowers your blood pressure
- Improves your immune system
- Helps you to live longer

CREATES BETTER RELATIONSHIPS

- Turns acquaintances into relationships
- Increases ability to forgive others and yourself
- Increases ability to see others' points of view
- Less critical of others and yourself





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HOW TO TEACH GRATITUDE AT HOME

- **Make gratitude a daily habit.**
 - Focus on the reasons for being grateful and not just on the words, "Thank you."
 - Find a time when your family can discuss something that they are grateful for every day - during dinner, before bed or whenever it is convenient, but be consistent!
 - Be a role model by sharing something that you are grateful for everyday.
- **Recognize the benefits, costs, and intentions of receiving gratitude from others.**
 - How much has someone's actions benefited you?
 - How much effort has someone made to help you?
 - Why is someone doing something nice for you?
- **Use your child's strengths to grow gratitude.**
 - Identify your child's strengths.
 - Use those strengths to encourage them to be helpful and cooperative to others to grow gratitude.
- **Explore the things that matter to your child.**
 - Explore values, interests, and dreams to find ways to make a difference to others and in the community.
- **Encourage your child to help others and build meaningful relationships.**
 - Helping others not only benefits them, but it helps to build better social relationships and friendships.



Family Gratitude Activities

Daily Gratitude Reflections

Gratitude Jar or Board or Space at Home

Create a Gratitude Table Centerpiece

Create a Family Gratitude Photo Collage

Write a Family Gratitude Poem - One line for each person

Gratitude Saint - Choose Names, Do Something Nice for the Person for a Day

Volunteer at a Local Charity

Donate to Those in Need

