

MAKE GRATITUDE *your* ATTITUDE AND SEE WHAT HAPPENS.

GRAT•I•TUDE

(noun) A feeling of thankfulness
or appreciation.



corelife
BUILD YOURSELF STRONG



PARENT'S GUIDE TO GRATITUDE DAILY EXERCISES FOR BUILDING CHARACTER.

We were not meant to be alone. All people need to work together to find success, happiness and fulfillment in life. Approaching others with a sense of gratitude (thankfulness and appreciation) works like a charm to keep every interaction strong. Take the time to help your child learn and practice this powerful key to unlocking hearts and building relationships for life. Put this guide on the fridge. Try some of these exercises today and review them all month long – and look for the positive change it makes in the day.

- **DINNER TALK:** Your child read a newsletter on gratitude in class. Discuss what they learned about being thankful. Ask them to tell you a few things they're grateful for in life – or in their day. Share a few things you're grateful for. What other things can you think of together to add to your lists?
- **MORNING HUG:** Take a minute to give your child a warm hug in the morning and whisper in their ear something about them that you especially appreciate. **BONUS:** If they tell you something in return, let them know how great that makes you feel!
- **NOTEWORTHY:** Look for an opportunity to encourage your child to write a "Thank You" note by hand to express appreciation for a little gift or act of kindness. Ask them what happened when they delivered the note.

Be sure to review your child's completed Gratitude newsletter and SIGN AND DATE IT on the back. Remind your child to return the signed newsletter to their teacher the next day. Look for items to compliment them on. The things we praise...we encourage and grow!