

the virtue of GRATITUDE

Dear Parents,

February's virtue is **GRATITUDE**. Gratitude is a thankful disposition of mind and heart. Gratitude is a skill that Kindergarten, 1st and 2nd grades will practice by **SAYING THANK YOU**. Grades 3-5 will work on an **ATTITUDE OF GRATITUDE**; a positive way of looking at life. The Junior High students will practice gratitude through **GENEROSITY**, and giving back. Gratitude is a skill. An attitude of gratitude is a positive way of looking a life. Gratitude can increase our children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have. Children who practice gratitude are more optimistic, feel more satisfied with life, and have more positive attitudes toward their schools and families.

One way to help cultivate an attitude of gratitude in your children is to compliment others and encourage your children to do the same. Share the things you appreciate about another person.

READING SUGGESTIONS

(check out COMMONSENSEMEDIA.ORG for more books & reviews)

lower grades: *Just So Thankful* By: Mercer Mayer

middle grades: *The Quilt Maker's Gift*
By: Jeff Brumbeau

jr. high/adult: *The Outsiders* By: S.E. Hinton



"Joy is the simplest form of gratitude."

With gratitude you look on the bright side!
~Joe R

Say "Thank You" in any language.
~Sailer

Gratitude will help you be happy for others.
~Grace D

Gratitude helps you turn negative to positive.
~Lucas Z

Be thankful for what you have.
~Tommy K

Show your gratitude to friends, teachers, Mom & Dad.
~Nadia R

Think about how blessed you are.
~Garrity B

Talk to God about having an attitude of gratitude.
~Sami J

Gratitude keeps you positive.
~Jackson C

Thinking about family & friends makes me grateful.
~Adrienne W

