

It is not joy that makes us

GRATEFUL

It is gratitude that makes us

JOYFUL



Gratitude helps us look at situations positively and increases happiness and satisfaction in the life of both adults and children. One study indicates kids even have a better attitude toward school.

So how do you teach this abstract concept to your kids? According to the Raising Grateful Children Project at UNC Chapel Hill, there are four steps in gratitude:

FOUR STEPS TO GRATITUDE:

NOTICE WHAT WE ARE GRATEFUL FOR

THINK ABOUT WHY WE HAVE RECEIVED SOMETHING

FEEL OUR FEELINGS BY ACKNOWLEDGING WHEN WE ARE THANKFUL

DO BY EXPRESSING APPRECIATION TO SOMEONE

The family gratitude challenge will help you and your kids put gratitude into action. Remember, we can be thankful in all things; even difficult things can help us become more grateful for the things we might not have been before, and grow stronger.

THREE ACTION STEPS

STEP 1: As a family, go through the chart during the month and randomly pick a box. (You don't have to do a challenge every day. Maybe choose a row, or whatever way makes the most sense for your family.) Read a prompt and ask each family member to think of a person or a story that comes to mind and share it with everyone.

STEP 2: If possible, send a thank you note, text, or email, to the people you think about to let them know you are thankful for them.

STEP 3: Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or a story that comes to mind.

GRATITUDE FAMILY CHALLENGE

SOMEONE WHO
YOU SEE ON A
CONSISTENT BASIS
WHO IS ALWAYS
KIND

SOMEONE WHO
TAUGHT YOU
SOMETHING

SOMEONE WHO
LISTENS TO YOU
WHEN YOU NEED A
FRIEND

SOMEONE WHO
YOU SEE AT A STORE
OR RESTAURANT ON
A CONSISTENT
BASIS WHO IS
ALWAYS KIND

SOMEONE WHO
MAY HAVE TOUGH TO
DEAL WITH AT FIRST,
BUT YOU WERE
GRATEFUL FOR
THEM LATER

SOMETHING NEW
YOU LEARNED

SOMETHING YOU
LIKE ABOUT
YOURSELF

SOMEONE WHO
HELPS YOUR FAMILY
(NEIGHBOR, DAY
CARE WORKER, MAIL
CARRIER)

SOMETHING YOU ARE
LOOKING FORWARD TO

SOMETHING HARD
YOU HAD TO GO
THROUGH AND WHAT
YOU LEARNED

SOMETHING
GOD MADE THAT
YOU THINK IS
BEAUTIFUL
(EITHER YOU'VE SEEN IN
REAL LIFE, OR IN PHOTOS
OR VIDEOS ONLINE)

SOMETHING YOU DID
WELL THIS YEAR

SOMETHING YOU
SAW SOMEONE ELSE
DO WELL

SOMETHING YOU USE
EVERY DAY THAT
YOU MIGHT TAKE
FOR GRANTED

SOMEONE OR
SOMETHING THAT
MADE YOU LAUGH

A GIFT THAT YOU
LOVED RECEIVING
AND WHO GAVE IT
TO YOU

SOMEONE YOU
SEE EVERY DAY
(AT WORK, SCHOOL,
NEIGHBORHOOD) WHO
HAS SHOWN YOU
KINDNESS

SOMEONE WHO
TAUGHT YOU
SOMETHING ABOUT
GOD

SOMEONE WHO
LIVES OUT THEIR
FAITH IN A WAY
THAT YOU ADMIRE

SOMEONE WHO
SERVES YOUR
COMMUNITY, OR
EVEN OUR COUNTRY

