



Children's Corner
In Every Season, There Is a Reason to Be Thankful:
Fostering Gratitude in Children

"Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never, ever have enough", Oprah Winfrey

1. At Thanksgiving, we talked to children about being thankful, but by December, children may be more focused on what gifts they received and less on being thankful. Every day is a day to be thankful.
2. Grateful adults and children are happier people. Grateful children "feel connected to a caring community. ("Seven Ways to Foster Gratitude in Kids," [Jeffrey Froh](#))
3. How do we help children develop gratitude?
4. Model and teach gratitude – Children copy what they see, so they need to see adults being generous and thankful.
5. Good manners foster gratitude – Among children's first words are often "please" and "thank you". When you say it, they will say it. Say it to everyone about anything.
6. Appreciate big things and small things – We can be thankful for anything. Enjoy being grateful. It feels good.
7. Be specific. Don't just be thankful for breakfast. Be thankful for the syrup on the pancakes. ("Six Habits of Highly Grateful People," [Jeremy Adam Smith](#))
8. "Helping others and being generous are two key ingredients for making grateful kids." ("Seven Ways to Foster Gratitude in Kids," [Jeffrey Froh](#))
9. Post a gratitude list and add to it all year round not just at Thanksgiving. Everyone should express gratitude all the time.
10. Write thank you notes for anything and everything someone gives the children or your program. Write down exactly what the children say. This teaches children to be thankful not only when they receive something but also when someone does something nice for them.



How grateful are you? Take the gratitude quiz!

http://greatergood.berkeley.edu/quizzes/take_quiz/6

Resources:

https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_gratitude_in_kids

<https://www.healthychildren.org/English/family-life/Community/Pages/12-Tips-for-Teaching-Children-Gratitude.aspx>

<http://preschoolers.about.com/od/social-emotional-growth/a/thankfulkids.htm>

<http://www.wikihow.com/Teach-Gratitude-to-Kids>