NOVEMBER

Counselor's Corner

Aristoi Classical Academy - Cypress

November is a time for gratitude and giving thanks.

As we approach the holiday season, it's important to take a moment to reflect on all that we have to be grateful for and how we can give back to others. This month, we'll be focusing on gratitude and service, encouraging students to appreciate the good in their lives and to think about how they can make a positive impact on others.

Virtue of the Month

Raising Grateful Kids: Helping Children Notice the Good

Gratitude is about more than saying "thank you." It's helping children recognize the good in their lives, appreciate others, and notice everyday acts of kindness. Being grateful doesn't mean ignoring difficult feelings. Children can feel disappointed, frustrated, or sad while still finding things to appreciate.

One of the best ways to teach gratitude is to model it ourselves. Instead of a quick "thank you," be specific: "I really appreciate you helping with dinner. That made my evening easier." Encourage children to notice the effort others put into helping them, whether it's a teacher offering extra support, a friend showing kindness, or a family member doing something thoughtful.

Put gratitude into action! Encourage your child to write a thank-you note, help someone without being asked, or express appreciation to a teacher, friend, or neighbor. These small gestures remind children that gratitude isn't just something we feel; it's something we show.

The goal is to help our children develop a habit of noticing the good, appreciating others, and expressing gratitude in meaningful ways.

Gratitude in Action: Service Opportunity

November 30-December 11

America's ER Toy Drive supports Toys for Tots by collecting new, unwrapped toys to bring holiday joy and hope to children in need.

Contact Information

Please contact me by **email** or call **281-391-5003 x 26090**.
You can also visit the **Counselor Dashboard** for regularly updated information about what's happening in the school counseling program.