HOW TO TEACH KIDS ABOUT GRATITUDE

Help kids learn how to notice and talk about people and things they are thankful for. It also helps for kids to hear adults talk about gratitude.

1. PRACTICE LOOKING
   Encourage kids to practice looking for one person or thing that inspires gratitude each week. Try our gratitude prompts.

2. THINK ABOUT THE "WHY"
   Have kids write, draw, or make something that represents the person or thing they feel grateful for and encourage them to think about why they are grateful for that person or thing.

3. TALK ABOUT GRATITUDE
   At the end of the week have kids share what they are thankful for and why. For example, “I’m thankful for grandpa because he always makes me laugh even when I’m sad.”

4. MAKE IT A HABIT
   Talking about gratitude at least once a week for several weeks will help develop a habit, and kids will be more likely to have positive feelings about the experience of gratitude.

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