

HOW TO PRACTICE TALKING ABOUT GRATITUDE WITH KIDS

Having frequent conversations that foster awareness and deeper understanding of gratitude may result in kids being more grateful. Here's how to practice talking about gratitude.

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1

PREPARE CARDS

Use our Gratitude Conversation Cards or make up your own questions to help kids think about who and what they are grateful for.

2

TALK ABOUT GRATITUDE

Pick a card and answer the question. It's okay if your child can only think about concrete objects or things to be thankful for, like gifts or money. Talk together about where those things come from and, when applicable, the sacrifices people make for one another.

3

LEAD BY EXAMPLE

Model for your child how to think and talk about gratitude. After you're done speaking, pause and give your child time to respond. Encourage them to answer the questions completely; listen and avoid speaking for them.

4

MAKE IT A HABIT

Make this a family habit through "Thankful Tuesdays." Encourage everyone to write a card or two every week and to drop it into a box or container for your next gratitude conversation.