

HCS Social Emotional Newsletter- Gratitude

WHAT IS GRATITUDE?

Hi Highland Students & Families,

This week we will be focusing on gratitude and you might be wondering what that means:

Gratitude means feeling thankful and appreciative for what you already have in your life. This can include big things like your family and your friends, and even small things, like your favorite shirt or music.

When life is hard and full of challenges, like not being able to go to school, you may feel upset and may focus on how you miss your friends and wish things would go back to normal. Please remember - it's totally okay to feel that way. But in those moments, when you're feeling down, it can be really helpful to practice gratitude. By recognizing what we are grateful for, we can grow our happiness and feel better! Keep reading for more ideas on how to practice gratitude at home!

Hope you enjoy!
Ms. Alexis, School Social Worker



PRACTICING GRATITUDE

Gratitude is like a muscle. The more you practice, the more your brain gets trained to notice things in your life to be grateful for. You can practice gratitude in many ways. Here are some examples:

Gratitude Journals

Think about something you do really well, your favorite toy, or your favorite thing about your neighborhood. Then write about it!

Gratitude Drawing

Draw someone who helps you, something that makes you smile, or something you can't live without.



Are you having difficulty meeting basic needs at this time?
Please reach out to me directly at akramschuster@hcsmlake.org or at 414-376-0655 for local resources and assistance.

Resources

Books

[Apple Cake: A Gratitude](#) by Dawn Casey
-What do you think is happening in the story based on the pictures and words?
-What is the girl in the book grateful for?

[The Giving Tree](#) by Shel Silverstein
-How did the boy treat the tree? Was he grateful?
-What is a gift you could give to a friend that they might be grateful for?

Videos

[Kid President's 25 Reasons to be Thankful](#)
-Silly video about being thankful for simpler things!

[What Does it Mean to Be Thankful?](#)
-Simple explanation for thankfulness. Great for younger audiences.

Positive Affirmations

Positive thinking can help you to focus on good things and remind yourself of everything you can be grateful for.

Positive thinking starts with positive self-talk, which means using the voice in your head to say positive thoughts about yourself or your life. Here are some affirmations you can use:

I am happy.

I can be anything I want to be.

I choose to have a cool day!

I am perfect just the way I am.

I am grateful for the time I get to spend with my family.

Gratitude Game



You can use a die or the color chart like the one above. Take turns rolling the die or picking colored sticks/candies. When you roll a number, look at the list below to think of something in that category that you are grateful for.

1. A person you appreciate (red)
2. A food you love (orange)
3. A place you are grateful for (green)
4. A movie that makes you laugh (blue)
5. A book you enjoy (purple)
6. A memory OR tradition you are thankful for (yellow)

Featured Family Activity: Gratitude Wall



You will need:

- Paper - post-it notes, large poster, index cards, whatever you have!
 - Markers or colored pencils
1. Find a spot in the house for your gratitude wall. It can be anywhere!
 2. Each day find a time for you and your family members to each think of something they are grateful for.
 3. Write it down or draw a picture of it!
 4. When you're done, put the pieces of paper up on the gratitude wall or space.
 5. Enjoy your gratitude wall reminding you of all the good things in life...like ice cream! Yum!