

PARENT PAGE

ATTITUDE OF GRATITUDE



Gratitude and generosity are not concepts that children automatically know and demonstrate to their families and friends. Gratitude and generosity must be learned and nurtured in an age-appropriate manner. When children see others being grateful or generous, often they will want to replicate that behavior. Being grateful is often associated with strong emotions, positive relationships, more enjoyable experiences, and is even healthy.

Here are some simple ways to promote gratitude and generosity with children.

- Make “Thank you” a regular phrase.
 - When children hear parents use good manners, they are more likely to do the same.
- Talk about gratitude and generosity.
 - Spend time each day talking about the things for which you are grateful and how you were helpful or generous to someone else.
- All family members assist with household chores.
 - Tasks are assigned at an age-appropriate level.
 - Helping with chores can create an appreciation for others and their roles in the family.
- Volunteer
 - Find a place in your community that allows volunteers, i.e. a soup kitchen, neighbors in need of leaf raking, cleaning up litter at a local park, or nature trail.
- Giving
 - Donate clothes or toys to charitable organizations. Allow children to help with choosing items of their own that they wish to donate.
 - Read *The Giving Tree* by Shel Silverstein.

Additional Take Home Ideas

- Consider starting an individual gratitude journal or a place for family to write a new gratitude each day.
- Include a time of gratitude at dinner together and encourage everyone to share something for which they are grateful.
- Send a postcard to someone and let them know you are grateful for them.

For more resources and ideas about how to connect with your kids, check us out online at www.gooddads.com, subscribe to the Good Dads podcast and e-newsletter, or follow us on Facebook.



ACTIVITY PAGE

ATTITUDE OF GRATITUDE

Discussion Starter

- Gratitude means “warmly or deeply appreciative of kindness or benefits received; thankful” (dictionary.com). Share about a time when you were grateful.
- What are some ways to show someone that you are grateful?
- What are three things you are grateful for right now?

Gratitude Bingo Activity

Today we will be learning a little more about each other and ways we can be grateful by playing a bingo game. Take turns rolling the dice and asking the question associated with the total number you roll.

Supplies: dice and bingo cards

Foods (2-3)	People & Pets (4-5)	Places (6-7)	Activities (8-9)	Other (10-12)
Fruit	Friends	Favorite place to eat	Inside fun	Color
Vegetable	Neighbor	Favorite place to play	Outdoor fun	Something this week
Meat	Teacher or Coach	Favorite room of the house	Quiet activity	Song
Dessert	Extended Family	Favorite park	Noisy activity	Best thing about your family
Snack	Pet or Animal	Favorite vacation	Favorite sport	Favorite book

Appreciations

- Dad (or Mom), what is one thing that you appreciate about your child(ren)?
- Kids, what is one thing you appreciate about the adult in your life?



CAPTAIN'S PAGE

ATTITUDE OF GRATITUDE

GOAL: Family members will learn more about each other by sharing what they are grateful for.

OBJECTIVE: Parent and child will have the opportunity to share specific items they are grateful for by playing the gratitude bingo game.

INTRODUCTION: *The first Thanksgiving was celebrated in 1621 by the Plymouth colonists and Wampanoag tribe. For 200 hundred years, states had days of thanksgiving, but they were not all on the same date. Finally, in 1863, in the middle of the Civil War, Abraham Lincoln declared it a national holiday, to be celebrated on the 4th Thursday of November. Showing gratitude shouldn't just happen once a year. Being grateful should happen every day.*

Today you will have the opportunity to share what you are grateful for by playing a fun bingo game.

Supplies needed: dice (2 for each family unit); pre-printed bingo cards

Gratitude Bingo

1. Have bingo cards, directions, and dice set out at each table.
2. The youngest family member will go first. Move around the table clockwise. Keep playing until all the questions have been asked.

Appreciations *Ask participants to share their appreciations.*

- Dad (or Mom), what is one thing that you appreciate about your child(ren)?
- Kids, what is one thing you appreciate about the adult in your life?

Take Home Ideas *Encourage "Take Home Ideas." Hand out the Parent Page at the end of the session.*

- Take time each day to talk about things for which you are grateful.
- Start a gratitude journal or a gratitude jar; write a new gratitude each day.
- Send a postcard to someone and let them know you are thankful for them.

After breakfast, before dismissal, remind parents of the Good dads website.

For more resources and ideas about how to connect with your kids, check us out online at www.gooddads.com, subscribe to the Good Dads podcast and e-newsletter, or follow us on Facebook.

LA PÁGINA DE LOS PADRES

ACTITUD DE AGRADECIMIENTO



La gratitud y la generosidad no son conceptos que los niños conocen y demuestran automáticamente a sus familiares y amigos. La gratitud y la generosidad deben aprenderse y nutrirse de una manera apropiada para la edad. Cuando los niños ven que otros son agradecidos o generosos, a menudo querrán replicar ese comportamiento. Ser agradecido a menudo se asocia con emociones fuertes, relaciones positivas, experiencias más agradables e incluso es saludable.

Aquí hay algunas formas sencillas de promover la gratitud y la generosidad con los niños.

- Haga que “Gracias” sea una frase regular.
 - Cuando los niños escuchan que los padres tienen buenos modales, es más probable que hagan lo mismo.
- Hable acerca de la gratitud y la generosidad.
 - Pase tiempo todos los días hablando de las cosas por las que está agradecido y cómo ayudó o fue generoso con otra persona.
- Todos los miembros de la familia ayudan con las tareas del hogar.
 - Las tareas se asignan a un nivel apropiado para la edad.
 - Ayudar con los quehaceres puede crear un aprecio por los demás y sus roles en la familia.
- Ofrezcase como voluntario
 - Encuentre un lugar en su comunidad que permita voluntarios, es decir, un comedor de beneficencia, vecinos que necesiten rastrillar hojas, limpiar la basura en un parque local o un sendero natural.
- Dar
 - Donar ropa o juguetes a organizaciones benéficas. Permita que los niños ayuden a elegir sus propios artículos que deseen donar.
 - Leer *The Giving Tree* de Shel Silverstein

Ideas Para Llevar a Casa

- Considere comenzar un diario de gratitud individual o un lugar para que la familia escriba un nuevo agradecimiento cada día.
- Incluya un momento de agradecimiento en la cena juntos y anime a todos a compartir algo por lo que están agradecidos.
- Envíe una postal a alguien y hágale saber que está agradecido por ellos.



Para más recursos e ideas sobre cómo conectar con sus hijos, visítenos en línea en www.gooddads.com.
Suscríbese al podcast y al boletín electrónico de Good Dads, o síganos en Facebook.