



## Counselor Newsletter



This newsletter focuses on being thankful as it has a number of benefits for both children and adults. Benefits include improved physical and mental health as well as interpersonal relationships. Daily practice of gratitude helps us notice and focus on what we have in our lives, instead of what we don't. To cultivate a heart of gratitude in your child, encourage your child to take a few minutes every day to reflect on their day and find something positive, even on the bad days. Every day there is something to be grateful for!

### Benefits of practicing gratitude

- improves sleep (both the duration and quality)
- elevates mood
- increase optimism
- lowers stress and depression
- enhances well-being and happiness
- promotes empathy
- boost self-esteem
- improves relationships

### Book recommendations on gratitude:

*Gratitude is My Superpower* by Alicia Ortego  
*An Awesome Book of Thanks* by Dallas Clayton  
*A Little Thankful Spot* by Diane Alber  
*The Thankful Book* by Todd Parr  
*With Jesus I Am Thankful* by G.L. Charles and  
*Good News Meditations*  
*A Very Thankful Prayer* by Bonnie Rickner Jensen



### Activities to cultivate gratitude in your child

**Gratitude jar:** Get a glass jar and decorate it together as a family. Get some colored paper. Cut the paper into small pieces. Encourage your child to write down one thing they are grateful for every day and place it in the jar. Join them to do the same using a different colored paper, and at the end of each week, look at the content of the jar together and share all the things that happened in your lives that you felt grateful for. Since each family member uses a different colored paper, you will know which one is whose.

**Gratitude in nature:** Spend time outside and as you walk with your child, take turns naming things that you see and that you are grateful for.

**Gratitude tree:** Create and design a paper tree on the wall. Fill in the leaves by adding at least one thing each family member is grateful for daily.

**Gratitude dice game:** Roll the dice daily, and depending on the number you get, name that many things that you are grateful for.

**Alphabet gratitude game:** Ask your child to say the alphabet. When a family member says "stop", the child needs to say something he/she is grateful for that starts with that letter. Take turns and have fun!



*Tip: Encourage your child to practice gratitude and write in a journal for 10-15 minutes right before bed to get a better and longer sleep.*

