

GRATITUDE

Dear Parents ,

Over the next few weeks, we are going to be learning all about gratitude. We will spend time discussing what it means to be grateful, as well as how we can show appreciation. We will focus a lot on **SHOWING** appreciation and not just saying “thank you.” We will also talk about having a grateful heart even when things are difficult. To support the learning at home, here are some things you can discuss with your child.

- What things are we grateful for?
- Did someone provide these things for you? (parents, family members, teachers)
- What are some challenging situations you might be in? How can you still have a grateful heart?
- How can you show appreciation for something even if you don't really like it?
- How can we show our appreciation for members of our family, community, etc.

Thank you so much for partnering with us during this important unit!