

16 WAYS TO HELP KIDS DEVELOP GRATITUDE



- 1) Role play saying thank you and using manners with stuffed animals.
- 2) Make snack bags for people who are homeless.
- 3) Create a gratitude tree, with something you're thankful for on each leaf.
- 4) Read books that have themes of generosity.
- 5) Ask a local nursing home if you can visit patients who don't get many visits.
- 6) Make new toys and treats special occasions, instead of regular occurrences.
- 7) Have your child help you shop for food to donate to a food pantry.
- 8) Sit down as a family to write notes to (or draw pictures) to send to someone you are thankful for.
- 9) Limit screen time and other exposure to advertisements.
- 10) When talking about holidays with your child, emphasize celebrations over gift-giving.
- 11) Tell your children why you are thankful for them.
- 12) Have your child write thank you notes for gifts (or dictate the note to you.)
- 13) Model treating everyone with respect, including service workers.
- 14) Make time at dinner for each family member to share something in their day they're grateful for.
- 15) Put away distractions like your phone to spend quality time with your child.
- 16) Have your child help with chores around the house (even if you can do it better.)