



WHAT ARE YOU GRATEFUL FOR TODAY?

WAYS TO INSTILL A SENSE OF GRATITUDE IN YOUR CHILD

1. Teach your child to say “thank you.”
2. Share something you’re thankful for at a family meal.
3. Go on gratitude walks.
4. Create a gratitude jar.
5. Look for awe inspiring moments.
6. Look for the positive.
7. Think “get to” instead of “have to.”
8. Teach the value of time and effort.
9. Teach your child to help others.
10. Work through envy.

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