

## Gratitude: Helping kids show appreciation this holiday season.

We teach our children to say thank you because we want them to appreciate others and not take things for granted, but learning to be grateful can have other significant benefits. Practicing gratitude can help children and youth to empathize with others and build positive relationships. It also contributes to overall happiness! This holiday season, help your child to understand the importance of gratitude and find meaningful ways to express gratitude as a family. Here are some tips:

**Show examples of gratitude** by offering a genuine “thank you” to others or pointing out acts of generosity. Your children watch and learn from you so be sure to express how these acts of gratitude make you feel.

**Let children choose** how they want to show their gratitude. Work with your child to find a way of expressing gratitude that is meaningful to them. It could be linked to a special interest like drawing or baking. Let your child know that you are proud of them for expressing gratitude.

**Make gratitude a daily practice** by setting time aside for each member of the family to express what they are grateful for. Share verbally as a family or be creative! Write what you are grateful for on a cookie, ornament or decoration or create your own family gratitude tree or wreath!



This content was developed from the Child Mind Institute website. Visit <https://childmind.org/article/10-tips-raising-grateful-kids/> for the full article and for more children’s mental health articles.

Looking for mental health support in your community? Visit the Mental Health and Wellness pages of the Upper Canada District School Website where you will find a [list of community supports and services](#) by community.

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