



# Helping Hands Christian Learning Center

"Let Us Make a Difference in Your Child's Life"

## Tips for Teaching Your Child about Gratitude

Create a culture of gratitude in your family by extending this theme throughout the year.

Help your children remember what they have to be grateful for – a loving family, food on the table, caring teachers, music and art, sports and games – whatever brings them joy. Help them notice these things and find ways to express their gratitude – in a drawing, a song, a poem, a hug, or just by looking into the eyes of someone to whom they are grateful and saying “thank you.” Keep a gratitude journal. It’s an incredibly grounding tool that helps reaffirm what’s truly important in life.

Here are some ideas, with a little help from our friends at Sprout, for spending fun times together, creating memories and long-lasting feelings of gratitude:

**Wheel Around** – Ride together on your family’s favorite set of wheels! Take a family scooter, skate or bike ride ... or head to the park for more freewheeling fun. Don’t forget your helmets!

**Have a Ball** – Bounce, roll, catch, or kick. Play your child’s favorite sport together and watch your energy meter grow! Keep it open-ended, or try a game of hot potato, kickball or lawn bowling.

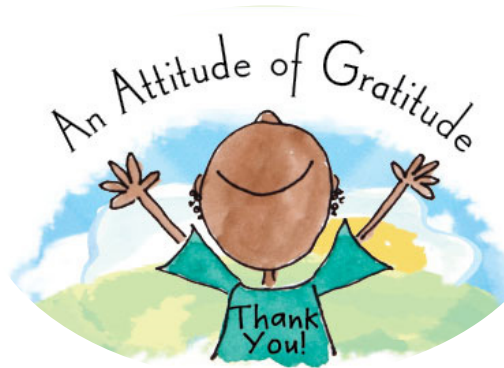
**Feet First** – Explore together! walk your dog, or walk to a little legs with stories, games, and anticipated landmarks: statue!”

**Create a Course** – Build an yard or inside together. Make ers and jump ropes. Or make costumes.

**Super Snacking** – Inspire healthy eating by cooking up something delicious and nutritious as a family. Try out a new recipe together! Or make up a recipe together. How did it taste?

**Monkey See** – Get active with pretend play. Who in your family can hop like a bunny? Walk like a spider? Stretch like a cat? Slither like a snake? Your laughter and smiles are sure to be remembered for quite some time!

**Plant a Seed** – You don’t need a trip to the garden store, but you do need a seed. Pull one from an apple or find one outside (try a pinecone or dandelion). Then find a container, some dirt and water, and nurture your seed together. Take pictures of its growth stages. How big do you think it will get?



As a family, walk to the store, friend’s house. Encourage tired conversations about your day, “Look! There’s your favorite

obstacle course in your back- it challenging with balls, scoot- it silly with toys, pillows and