

## PARENT PAGE

# ATTITUDE OF GRATITUDE



Gratitude and generosity are not concepts that children automatically know and demonstrate to their families and friends. Gratitude and generosity must be learned and nurtured in an age-appropriate manner. When children see others being grateful or generous, often they will want to replicate that behavior. Being grateful is often associated with strong emotions, positive relationships, more enjoyable experiences, and is even healthy.

**Here are some simple ways to promote gratitude and generosity with children.**

- Make “Thank you” a regular phrase.
  - When children hear parents use good manners, they are more likely to do the same.
- Talk about gratitude and generosity.
  - Spend time each day talking about the things for which you are grateful and how you were helpful or generous to someone else.
- All family members assist with household chores.
  - Tasks are assigned at an age-appropriate level.
  - Helping with chores can create an appreciation for others and their roles in the family.
- Volunteer
  - Find a place in your community that allows volunteers, i.e. a soup kitchen, neighbors in need of leaf raking, cleaning up litter at a local park, or nature trail.
- Giving
  - Donate clothes or toys to charitable organizations. Allow children to help with choosing items of their own that they wish to donate.
  - Read *The Giving Tree* by Shel Silverstein.

## Additional Take Home Ideas

- Consider starting an individual gratitude journal or a place for family to write a new gratitude each day.
- Include a time of gratitude at dinner together and encourage everyone to share something for which they are grateful.
- Send a postcard to someone and let them know you are grateful for them.

For more resources and ideas about how to connect with your kids, check us out online at [www.gooddads.com](http://www.gooddads.com), subscribe to the Good Dads podcast and e-newsletter, or follow us on Facebook.



# ACTIVITY PAGE

## ATTITUDE OF GRATITUDE

### Discussion Starter

- Gratitude means “warmly or deeply appreciative of kindness or benefits received; thankful” (dictionary.com). Share about a time when you were grateful.
- What are some ways to show someone that you are grateful?
- What are three things you are grateful for right now?

### Gratitude Bingo Activity

Today we will be learning a little more about each other and ways we can be grateful by playing a bingo game. Take turns rolling the dice and asking the question associated with the total number you roll.

**Supplies:** dice and bingo cards

Foods (2-3)	People & Pets (4-5)	Places (6-7)	Activities (8-9)	Other (10-12)
Fruit	Friends	Favorite place to eat	Inside fun	Color
Vegetable	Neighbor	Favorite place to play	Outdoor fun	Something this week
Meat	Teacher or Coach	Favorite room of the house	Quiet activity	Song
Dessert	Extended Family	Favorite park	Noisy activity	Best thing about your family
Snack	Pet or Animal	Favorite vacation	Favorite sport	Favorite book

### Appreciations

- Dad (or Mom), what is one thing that you appreciate about your child(ren)?
- Kids, what is one thing you appreciate about the adult in your life?



# CAPTAIN'S PAGE

## ATTITUDE OF GRATITUDE

**GOAL:** Family members will learn more about each other by sharing what they are grateful for.

**OBJECTIVE:** Parent and child will have the opportunity to share specific items they are grateful for by playing the gratitude bingo game.

**INTRODUCTION:** *The first Thanksgiving was celebrated in 1621 by the Plymouth colonists and Wampanoag tribe. For 200 hundred years, states had days of thanksgiving, but they were not all on the same date. Finally, in 1863, in the middle of the Civil War, Abraham Lincoln declared it a national holiday, to be celebrated on the 4th Thursday of November. Showing gratitude shouldn't just happen once a year. Being grateful should happen every day.*

*Today you will have the opportunity to share what you are grateful for by playing a fun bingo game.*

**Supplies needed:** dice (2 for each family unit); pre-printed bingo cards

### Gratitude Bingo

1. Have bingo cards, directions, and dice set out at each table.
2. The youngest family member will go first. Move around the table clockwise. Keep playing until all the questions have been asked.

### Appreciations *Ask participants to share their appreciations.*

- Dad (or Mom), what is one thing that you appreciate about your child(ren)?
- Kids, what is one thing you appreciate about the adult in your life?

### Take Home Ideas *Encourage "Take Home Ideas." Hand out the Parent Page at the end of the session.*

- Take time each day to talk about things for which you are grateful.
- Start a gratitude journal or a gratitude jar; write a new gratitude each day.
- Send a postcard to someone and let them know you are thankful for them.

*After breakfast, before dismissal, remind parents of the Good dads website.*

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