

# GRATITUDE

DECEMBER 2018



## POWERFUL WORDS CHARACTER DEVELOPMENT

### PARENTS PERCH

**Young students:** I am so thankful!

**Older students/teens/adults:** Appreciating, recognizing, and being thankful for what you have.  
Grateful + Attitude = Gratitude

**Week 1 Gratitude defined: What is an attitude of gratitude & when do you feel it?**

**Week 2 Words & Gestures: How do you show gratitude?**

**Week 3 The Whos & Whats: Who and what are you grateful for at home & school?**

**Week 4 Give & Gain: What does giving have to do with gratitude?**

Dear Family,

This month we will focus on the powerful word; “gratitude.”

Gratitude involves recognizing the “good things” that exist in your life already. We can show gratitude for people, places and physical possessions, as well as intangibles such as a fun, freedom, love, and friendship.

Those who are appreciative do not take their blessings for granted. They remember to take notice and show gratitude for those who make them feel more comfortable, happy, and inspired. An appreciative person doesn't only *feel* grateful but also *shows* appreciation for others who have a positive influence on his or her life. After all, one of the best parts of gratitude is how it makes someone else feel when you credit them with being an impactful person.

Becoming an appreciative person can be a challenge for young people. As adults, we want our

children to realize that “money doesn't grow on trees” and “there are many people who are less fortunate” because we want our children to show appreciation for their special privileges, freedoms, and assorted “stuff.” However, young people are wired for their own pleasure and often do not realize their blessings until they are pointed out, they have gone without or they enter a world where they see struggling.

Materialism has been on the rise-- something that seems to crush gratitude. In fact, a brand new study (*Journal of Positive Psychology; August, 2018*) out of the University of Illinois at Chicago shows that there's a strong inverse connection between gratitude and materialism—meaning that by encouraging gratitude, you can reduce materialism (and the other way around as well).

Aside from discussing the word of the month in depth, we will be encouraging everyone to find ways to “show appreciation” to

parents, teachers, friends, and others in the community. To facilitate gratitude you can, for example; (1) Go around the table and say one person you are grateful for that day and why, (2) Start at Attitude of Gratitude Calendar or (3) Make a card or send a letter to someone who has made a difference in your life and (4) Give time, talents and treasures to those in need- allow your children to give of themselves to those with less.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—Your Motivated and Dedicated Instructors

#### UPCOMING POWERFUL WORDS

JANUARY	HEALTH
FEBRUARY	FRIENDSHIP
MARCH	PERSISTENCE