

How To Help Kids Develop Gratitude

Have kids write, draw, or make something that represents the person or thing they feel grateful for and encourage them to think about why they are grateful for that person or thing. Here are a few things to keep in mind when thinking about the “why”:

Person/thing I am grateful for: _____

What specific action, quality, or thing are you grateful for?

For example, if you say you're grateful for your teacher, a specific action could be that your teacher stays late after class if you need more help with a problem.

What did they have to give up or do for you to feel so grateful?

For example, you might notice that your teacher isn't grading homework after class but is grading at home after work hours so she can help you more at school.

What do those sacrifices or actions mean to you and why?

For example, you may decide to be extra helpful to your teacher because she has helped you so much. You may come to feel not only appreciation for your teacher but also pride for doing something good in return.