



Growing Gratitude Together

**Gratitude is noticing and appreciating the good things in life – big and small!
When children and teens practice gratitude, they grow happier, kinder and more resilient.**

Why Gratitude Matters

Gratitude helps kids and teens feel more connected and positive. It encourages kindness and empathy toward others and builds happiness and emotional strength. Gratitude helps kids notice the good, even on tough days, and creates a sense of belonging and appreciation in families.

Family Gratitude Practices

Make gratitude fun and part of your family!

- **Start a Gratitude Search** – Encourage kids to practice looking for one person or thing that they are grateful for or inspires gratitude in them each week. Ask them to share why this person or experience made them feel grateful.
- **Create a Gratitude Jar** and put notes in it about things that you are thankful for.
- **Create a Family Thank-You Board** with pictures or drawings of what you love.
- **Create a Gratitude Photo Challenge** and take a photo each day of something that you are grateful for and create a photo book.
- **Create a Family Kindness Challenge** and do one kind act together each day.
- **Give to Others** – Look for opportunities to help others who are less fortunate. This not only makes us more compassionate and kind, but also more appreciative of what we have.

Talk About Gratitude

Gratitude grows through your everyday conversations. At dinner or bedtime ask, “What made you smile today?” and share your own gratitude moments – “I’m thankful for our walk together.” Notice and draw attention to small kindnesses by saying, “It was nice how you helped your brother.” Remember that it’s important to focus on people, not just things!

Show Gratitude Every Day

Kids learn gratitude best when they see it! Say “thank you” often and sincerely. Point out things you appreciate about your child and let your kids catch you showing gratitude to others. Celebrate small moments of joy together by saying things like “I loved how we laughed during our game tonight.”

Keep Gratitude Growing

Make gratitude part of morning or bedtime routines. Celebrate acts of kindness and care. Use challenges to practice perspective by asking, “What’s something good that came from this?” Remember, gratitude is like a muscle – the more we use it, the stronger it grows!

**CREATE AN
ATTITUDE OF GRATITUDE
IN YOUR FAMILY!**

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