



Happy November!

Thanksgiving is a holiday many of us celebrate. It provides a great opportunity for us to focus on the trait of Thankfulness as our Virtue of the Month. It's in the name!

Here are some tips to encourage and instill thankfulness in your child:

- Ask your child about the highs and lows of their day. Focus on appreciating the positives.
- Thank your children often.
- Say "thank you" to friends and family in the presence of your children.
- Encourage your children to write or draw thank you notes.
- Point out how others have helped your children- someone holding the door or a teacher giving extra help to ensure your child understood the lesson.

Thanksgiving = giving thanks.

It is also the perfect time of the year for families to talk about and teach gratitude. Being able to recognize and appreciate the good things in your life can lead to increased happiness and life satisfaction. For children especially, learning how to be thankful can help in the development of interpersonal skills, including the 'big one'- empathy. When we're thankful for even the small things, we're thinking of more than just ourselves; we're thinking about how all of us have the ability to positively impact another's life. Gratitude is powerful!

(Psychology Today)

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Virtue of the Month: Thankfulness

Included are a couple of great family activities focusing on thankfulness.

Use the template to create a Thankful Tree with your child. You can celebrate the beauty of fall and teach your kids what it means to be thankful.

The *Would You Rather* activity encourages fun, silly family time with a Thanksgiving theme.

FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.

~WILLIAM ARTHUR WARD~