



HELLO PARENTS,

Gratefulness is an important attribute which your child will continue to foster throughout their lifetime. When your child is thankful, they are aware of the many fortunate abundances which they have in their life. As your child matures, they will learn to express appreciation for their valuable relationships and experiences. Practicing gratitude allows us to appreciate what we have, while welcoming new growth. Throughout this newsletter, you will be provided with activities that will foster an attitude of gratitude in your child, as they learn to appreciate and express thankfulness.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

DAILY AFFIRMATIONS

DIRECTIONS:

- Daily positive affirmations help your child build confidence and appreciation. You may start this practice as early as infancy.
- Throughout the day say positive affirmations to your infant. For example, you may encourage your infant by saying: "You can do it! You are strong and capable!" or "You did it! You did it all by yourself!"
- These affirmations will encourage your infant's appreciation for themselves, and their skills.

[Click here](#) to listen to the "Thank You Song!"

TODDLERS (19 MONTHS – 2.5 YEARS)

THANKFULNESS WAND

MATERIALS:

- Wooden stick/pencil
- Decorative materials: ribbon, pipe cleaners, jeweled stickers, etc.
- Markers/paint
- Tape

DIRECTIONS:

- Your child may paint or colour their pencil or wooden stick.
- Once it has dried, your child may decorate their pencil or wooden stick with the materials that you gathered, such as: ribbon, jeweled stickers, pipe cleaners, etc. Tape the decorations onto the pencil.
- Once your child is finished decorating, tell them they have made a "Thankfulness Wand!" When your child wants to express their appreciation, they may wave their magic wand and say the magic words: "Thank you!"

[Click here](#) to read "The Thank-You Book" by Mo Willems.

PRESCHOOLERS (2.5 – 5 YEARS)

THANK YOU CARD

MATERIALS:

- Paper
- Pencil/coloured pencils/markers

DIRECTIONS:

- Discuss gratitude with your child and name people who they appreciate. For example, "I am thankful for my friends, who I play with."
- Invite your child to make a thank you card by drawing pictures of what they are thankful for, and giving them to those people who they appreciate. For example, your child may draw a picture of themselves playing with friends, and give the card to their play mates.
- Continue making cards for all of the people who your child appreciates.

[Click here](#) to learn how to make a gratitude tree.

JK/SK (4 – 6 YEARS)

THE GRATITUDE GAME

MATERIALS:

- Paper
- Pencil
- Coloured pencils
- Coloured straws or coloured pipe cleaners
- Different coloured items

DIRECTIONS:

- On a piece of paper, write the title: "Gratitude Game".
- Have your child choose five coloured pencils. Once chosen, have your child find other coloured pencils or small toys that are the same colours.
- Using the coloured pencils that your child chose, have them colour a circle, one under the other, under the title "Gratitude Game".
- Each colour represents a different thing you are grateful for. Next to each coloured circle, write the following:
 - "Name a person you are thankful for"
 - "Name a place you are thankful for"
 - "Name a food you are thankful for"
 - "Name a thing you are thankful for"
 - "Name anything you are thankful for"
- It is time to start the game! Sit in a circle with your friends or family. Place the "Gratitude Game" paper, coloured pencils, and toys in the middle of the circle.
- Each child or family member will close their eyes, and choose a coloured pencil or toy.
- Once everyone has chosen their item, open your eyes and see the colour of the toy or pencil that you have chosen.
- Look at the "Gratitude Game" paper to see which phrase the colour of the pencil/toy is correlated with. When you have figured it out, name what you are grateful for.

[Click here](#) to learn how to make a gratitude jar.

SCHOOL-AGERS (6 – 12 YEARS)

THE THREE-MINUTE GRATITUDE JOURNAL

MATERIALS:

- An empty notebook or pieces of paper
- Pencil
- Watch

DIRECTIONS:

- Get an empty notebook or several pieces of paper. This will be your "Gratitude Journal". If you do not have a notebook, then you may use paper.
- In your Gratitude Journal, write three things you are grateful for. For example: "I am grateful for my parents, grateful for my friends, grateful for my education". You may also write your goals, or something that brings you joy.
- Challenge yourself to reflect or meditate upon what you are grateful for, for three minutes! You may use your watch to time yourself.
- Continue this practice every day.
- At the end of the month, you may share your journal with a friend, sibling, or parent, and discuss what you have written in your Gratitude Journal.

[Click here](#) to learn how to make a Thankful Time Capsule.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

HOW TO TEACH YOUR CHILD GRATITUDE:

- Teach your child to be thankful by saying "thank you" to others.
- Model kindness for your child. Give compliments, share, help someone in need, donate, or volunteer.
- Encourage your child to look for the extraordinary in the ordinary. Inspire them to appreciate special moments. For example, if you think the sunset is beautiful, express this to your child. You may say: "We are so lucky to see such a lovely sunset!"
- Make expressing gratitude a daily ritual. For example, each day you may share a great event that happened, or talk about each other's qualities that you appreciate.