GRATITUDE
OUR CORE VALUE
FOR FAMILIES

Gratitude helps us notice the good in our lives,
builds happy hearts, and brings us closer together.

YOGA POSE

Downward Dog



Start on your hands and knees.
Tuck your toes under and lift your hips up to the sky.
Make an upside-down "V" with your body.
Breathe and hold.

I am strong. I am steady.
I am grounded.

BREATH

Flower Breath



Pretend you are smelling a beautiful flower. Breathe in slowly through your nose... smell the flower.
Breathe out slowly through your mouth... blow the petals into the air.

I breathe in gratitude.
I breathe out joy.

AFFIRMATION

I Am Thankful



I notice the good things in my life.
I am grateful for big things and little things.

BOOKS ABOUT THANKS & GRATITUDE



Thankful
by Eileen Spinelli
A sweet and simple story that celebrates all the things we can be thankful for.



Bear Says Thanks
by Karma Wilson
Bear discovers how many wonderful things there are to be thankful for!



Thanks for Thanksgiving
by Julie Markes
A heartwarming story about the people who help make Thanksgiving special.



The Thank You Book
by Mo Willems
Elephant and Piggie remind us that saying "thank you" can mean so much!



Kindness Grows
by Britta Teckentrup
A gentle story about how kindness and thanks can help the world bloom.

GRATITUDE ACTIVITIES TO DO AT HOME

GRATITUDE JAR



Write or draw things you are thankful for on slips of paper. Read them together anytime!

THANKFUL TALK TIME

Share one thing you are thankful for each day at dinner, bedtime, or on the go.

THANK YOU NOTES



Write thank-you notes or draw pictures for someone who has helped or made you smile.

GRATITUDE SCAVENGER HUNT



Look for things that bring you joy—like sunshine, kind people, or something beautiful.

FAMILY GRATITUDE TREE



Create a tree together and add leaves with things you are thankful for each week.

Gratitude is a gift that grows every day.
When we notice the good, say thank you,
and show appreciation, we make the world a kinder place.
THANK YOU FOR HELPING OUR CHILDREN GROW GRATEFUL HEARTS!

SCAN TO EXPLORE THE BOOKS

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