Student Services

Family Connection

SEL & Wellness Monthly

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This month, we're focusing on GRATITUDE. November is a wonderful time to pause and notice the people, experiences, and everyday moments that bring meaning to our lives. Gratitude is more than saying "thank you." It is reconizing the good around us and taking the time to truly appreciate it no matter how big or small it may be.

GRATITUDE

GRATITUDE is the SEL trait of the month. It means noticing what is going well, appreciating what others do for us, and recognizing the good moments, even during challenging times. At school, we see gratitude in high-fives, thank-you notes, drawings, and kind words. At home, it might be thanking someone for a meal, laughing about a funny moment, or appreciating a friend who held the door. Gratitude fills everyone's bucket, and it helps children grow into respectful, responsible members of our school community. Small moments of gratitude can make a big difference. Here are some conversation starters to help you talk about gratitude with your child:

- What is something small that made you happy today?
- Who is someone you appreciate? Why?
- What is something you are thankful to have learned?
- What is something you sometimes take for granted?
- When has someone shown kindness to you?
- What is something you appreciate about your school?

Mental Health & Wellness Tips

"One Good Thing" Moment

Life can feel busy and stressful, and it's easy to miss the good moments in the middle of it. Gratitude is the habit of noticing them. Research shows that taking a few minutes to appreciate what's going well can help people feel more positive, connected, and supported.

This week, try asking your family one question at dinner or bedtime: "What is one good thing that happened today?" It might be a favorite meal, a laugh with a friend, or someone who helped you. Big or small, every answer counts.

A few minutes of gratitude together can bring more kindness and calm into your home.

Family Challenge

Create a gratitude jar together at home. Throughout November, family members can write down things they are grateful for on small pieces of paper and place them in a jar. At the end of the month, gather together and read some of the notes.
Here are some examples:

- Someone you appreciate
- Something in nature
- Something about school
- Something that made you smile
- Something you are proud of
- Something you enjoyed
- Something you sometimes take for granted



Showing Gratitude at Home

Modeling Gratitude: Kids Learn by Watching Us

Children learn a lot about gratitude by hearing and seeing how the adults around them express it. When we say thank you to the cashier, point out something we appreciate about a family member, or share what we're thankful for after a long day, children notice.

You don't need a big speech. A short, genuine comment is enough, like "I'm so thankful for the help with dinner tonight" or "That was kind of our neighbor to wave hello." Over time, these small moments show children that noticing the good, and saying so out loud, is part of everyday life..



Scan the QR code to check out community resources

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