

# GRATITUDE Tips and Tools



*Easy for parents, Good for kids*

TIPS & TOOLS TO HELP BUSY PARENTS RAISE HAPPY, SUCCESSFUL KIDS IN - 10 MINUTES A DAY



## How GRATITUDE leads to Happiness and Success

There's a growing body of research on the benefits of gratitude. Studies have found that counting blessings with a gratitude journal, sending thank you notes, and developing a habit of being grateful can impact both our physical and emotional health, as well as dramatically improve our interpersonal relationships. Some benefits are seen in as little as three weeks and some last as long as six to nine months. Many create a positive ripple effect with those we come in contact with. Practicing gratitude can impact just about every aspect of our lives. Studies support the following benefits. Grateful people (1) are 25% happier in general, (2) are more optimistic about life and the future, (3) have stronger immune systems, lower stress levels, and lower risk of heart disease, (4) have improved sleep habits and increased energy, (5) are more resilient to setbacks and disappointments, (6) are less likely to be anxious, neurotic, or depressed, (7) have stronger self-esteem and increased self-control, (8) show better overall job performance, (9) and are more connected, more responsive to their partner's needs, more agreeable, more open, and more forgiving - which means they have much more satisfying relationships.

The truth is, "It is not happiness that makes us grateful, but gratefulness that makes us happy." - David Steindl-Rast.

## Mindsets for Happiness and Success



## GRATITUDE

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## How to talk to kids about GRATITUDE

Research tells us that happy people are not happy because of the big things they have earned, purchased, or accomplished: the cushy job, the beautiful partner, the big house. They are happy because they have learned to appreciate and enjoy little things throughout their day. You can start by noticing and savoring everything you see, smell, taste, hear, and touch during your morning ritual; the warmth of the coffee cup in your hand, the aroma of cinnamon toast, or the sunlight streaming through your window that says it's a new day with new possibilities. Sharing what you are grateful for, multiple times throughout the day is the best way to help your kids understand what gratitude really means. The LET'S TALK about GRATITUDE conversation starters guides and inspires your children to think of something they are grateful for from 25 different categories. That's all it takes for the brain to start developing a more grateful mindset.

[Download LET'S TALK - GRATITUDE](#)

## My GRATEFUL List

It's so easy to get caught up in all of the frustrations and disappointments that are part of normal daily life. Sometimes we need a little reminder to help us stay focused on the wonderful things we are lucky to have.

Ask each family member to write ten things they are grateful for on their own personal GRATEFUL List. You can help the little ones by writing it for them or having them draw symbolic pictures. Punch holes in the top corners and string a ¼ to 3/8-inch ribbon through to knot on each end.

Share them with each other at a special dinner and then hang them in places where you are sure to see them as a happy reminder everyday - such as the bathroom mirror, the bedroom doorknob or the kitchen bulletin board. This simple tradition will make being grateful a daily habit for everyone in your family.



[Download My GRATEFUL List](#)

## The HappyHome ELVES and the Key to GRATITUDE

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Honesty, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

## The 3-IN-1 FAMILY FUN Activities for GRATITUDE

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of November, all about GRATITUDE and Thanksgiving.

## The GRATITUDE Puzzle



Trees are a symbol of growth, and your child will grow as a young person by understanding the value of gratitude and how it impacts others as well as his or her own life. Use this month to talk about gratitude and reward your child for being grateful.

Gratitude is a simple practice that develops into a habit over time. Whenever your child is thankful and shows gratitude towards others, let him/her pick out a puzzle piece from the jar and add it to the black and white image of the forest. Be sure to give examples of things to be grateful for and share examples of what makes you feel grateful.

Discuss how proud you are of them for showing thanks and let them know that they will get a treat when the puzzle is complete.

## Family Trivia BINGO



What could be more fun at Thanksgiving than laughing your way through a Family Trivia Bingo game that not only helps you learn interesting things about each other, but also creates a precious family keepsake at the same time! Passing on a legacy of who we are and what we believe in is such an important part of what connects us as a family. Yet no one has time nowadays to write a memoir.

Wouldn't you love to know what your Uncle Bob would do if he was invisible, what famous person your grandmother would invite to dinner, or how your cousin Tony would spend \$10 million? Have fun, connect, and create memories at the same time.

## Our GRATEFUL Tree



Thanksgiving is the most traveled holiday of the year in our country because it's the one that makes us feel we need to be with family. It's also the least commercialized holiday and one that inspires us to slow down and think about what's really important in our lives. For most of us, family is at the top of the list.

The GRATEFUL tree is a beautiful and meaningful way to decorate your Thanksgiving table. You can also use the GRATEFUL cards as festive napkin rings.

More importantly, you now have a touching activity to be shared by all - reading your GRATEFUL cards during dessert.

See what you get for only \$6