

Attitude of Gratitude

Gratitude is about focusing on the good and being thankful for the things we have.

Teaching our children to have an attitude of gratitude can benefit them in a number of ways. Studies have found that living a grateful life increases happiness, self-esteem, hope, empathy, and optimism. Children with a grateful mindset have more positive attitudes towards school, family, and others.

So, how can you practice gratitude with your child? Start by reflecting on both the small and big things you are fortunate to have. Things you may often take for granted, like having clean water, food, a bed, and clothes. Take a look around and make note of how lucky you are to have an awesome family, friends, school, or even a pet who adores you.

https://www.huffingtonpost.com/andrea-reiser/11-tips-for-instilling-true-gratitude-in-your-kids_b_4708019.html, <http://www.inspiremykids.com/2017/14829/>

Tips for Parents Dealing with Defiance

-From Dr. Alan Kazdin of Yale University Parenting Center and Child Conduct Clinic

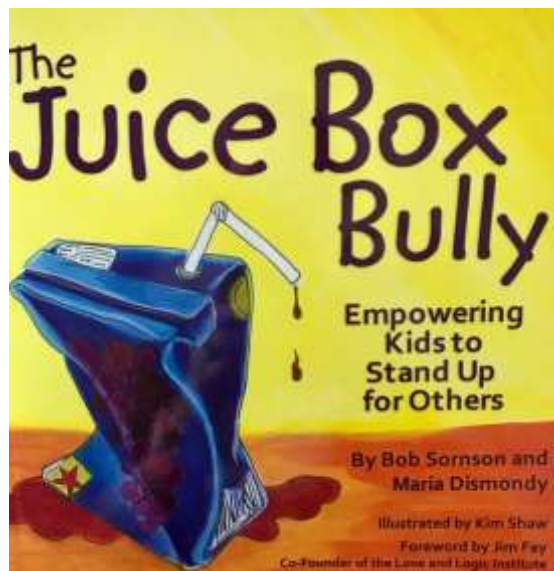
1. Notice and pay attention to good behavior. Remember, you get more of what you pay attention to. Attention to good behavior increases good behavior.
2. Positive attention to good behavior could include verbal praise, a high five, or a smile. Be specific about what you liked and give immediate feedback, "Great job sharing your toy with your sister. I love to see that!"
3. Tell your child what you want them to do rather than what you don't want them to do. For example, instead of "Don't scream in the house" try "Please use your inside voice." Remember to praise your child if they do what you have asked.



What if today, we were just grateful for everything?

4. Be enthusiastic! Let them see how excited and pleased you are with their good behavior.
5. Ignore or walk away from annoying behavior when it is safe to do so. Initially, your child might throw an even bigger fit because they're upset that their usual way of getting what they want isn't working. Eventually your child will understand that this type of behavior doesn't get them what they want anymore.
6. Remain calm! Your child will calm down faster if you yourself are calm.
7. Consequences should be immediate, logical and realistic. You should be able to follow through with the consequence. Longer harsher consequences are not necessarily more effective.
8. Most importantly, use tip number 1. You should be praising your child's behavior 90% of the time and punishing only 10%.

Johnson, S. (2009, September 15). *10 tips for parents of defiant children*. Retrieved from <http://abcnews.go.com/Primetime/10-tips-parents-defiant-children/story?id=8549664>.



Third and Fourth Graders read *The Juice Box Bully* by Bob Sornson and Maria Dismondy. Students discussed ways to be an “upstander” and stand up for others.

Each student designed their own juice box.

These are just a few of the creative juice box designs made by students.



Fun Conversation Starters from Aha! Parenting.com

If you had a time machine for a day, what would you do with it?

What is your biggest goal this year?

What is your favorite family tradition?

Did you have a chance to be kind to anyone today?

How would you change the world if you could?