



SEL REFLECTIONS TO SUPPORT

GRATITUDE:

SELF AWARENESS:

WHAT ARE 5 THINGS I'M MOST GRATEFUL FOR?

SELF-

MANAGEMENT:

WHAT IS ONE THING I CAN DO TO SHOW GRATITUDE TODAY?

SOCIAL AWARE-

NESS: WHAT IS ONE WAY I CAN SHOW SOMEONE WHO IS DIFFERENT FROM ME THAT I APPRECIATE THEM?

RELATIONSHIP

SKILLS: WHAT IS ONE THING I CAN DO TO SHOW MY GRATITUDE TO MY FAMILY.

RESPONSIBLE-

DECISION MAKING:

HOW DO I SHOW MY GRATITUDE TO MY COMMUNITY?

GROWTH MINDSET:

HOW MIGHT GRATITUDE HELP ME THROUGH CHALLENGING SITUATIONS?

Online Resources for

Families :

Parenttoolkit.com

www.scusd.edu/sel

www.scusd.edu/parent-resources

www.skillsyouneed.com

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.”

Voltaire

November SEL Theme: **Gratitude**

Gratitude is noticing and being thankful for the people and things in your life, and that you are ready and willing to return kindness to others.

Gratitude and optimism share a similar connection to the brain. What we know about the brain is that it's wired to be more sensitive to negative experiences. As a result it's harder for us to stop and take notice of people, things or ex-

periences that we are grateful for. Recent studies show that practicing gratitude can increase happiness by 25%. What does this mean? It means that we can influence our happiness barometer simply by focusing more on being grateful and appreciating the things/people we have.

Gratitude



Practicing Gratitude at Home!

- Spend time every night sharing moments during the day you are thankful for.
- Brainstorm with your child people in his/her life that they are thankful for. Think of ways they can express it (gratitude notes, helping with dinner, offering to help with chores, etc).
- Daily Check-ins: “Tell me one thing you’re grateful for today.”