

Gratitude ideas:

1. Say please and thank you.

Our manners show that we do not believe we are entitled to anything, and that in fact, we appreciate whatever comes our way.

2. Make and send thank you cards.

Express your gratitude for those who have added value to your life.

3. Look for awe-inspiring moments in your day.

If the sunset is particularly beautiful, draw it, comment on it. If the sound of the baby's laughter warms your heart, tell your children. Encourage them to look for their awe-inspiring moments and share them with you.

4. Personal Gratitude Record.

This can be in any form that works best for your child's age, skill level and desire. Some kids will want to spend time writing their thoughts down. Others may prefer to express their gratitude through drawing or painting.

5. Share your gratitude.

Take five minutes either at the end of the day such as at dinner time or bed time to vocalise what we are thankful for that day.

7. Compliment others.

Encourage your children to do the same. Share the things you appreciate about another person.

8. Write a letter.

Encourage your child to write a letter, make a card to someone who has touched his life in some way. If they is comfortable, make a visit to that person to read the letter out loud. If not, mail it.

9. Create a family gratitude journal, jar, visual list on fridge,

Leave it somewhere where everyone can access it and encourage your family to write in it whenever they are feeling grateful. Encourage everyone to add to it anytime they are feeling grateful for something or someone. Spend time reflecting on these.

10. Give someone a gift.

Help your child earn the money and purchase the gift. Or make a gift together for someone.

11. Always look for the positive.

Find something positive in frustrating situations and discuss it. Eg. I am annoyed we can not go out for tea, consider we can help each other to make a meal together

12. Practice turning complaints in to praises.

Coach your children to reword their complaint in to something that they appreciate instead. Eg. I wish I could go on a holiday could be I feel lucky I am safe at home and practising good hygiene

13. Consider donating.

Non profits serve people in need and at this time of the year they are always looking for basic necessities, meals and gifts to give to those in need. Brainstorm who you would like to help, how and why.

14. Gratitude observations.

While you walk or lay outside, look for the simple pleasures in the day. Use your 5 senses; feeling the warm sun or hearing the birds singing, smelling the flowers and express appreciation for them. Use this time to ask your kids what they are grateful for.

15. Ask why.

As your child gets better at expressing gratitude, dig deeper. Ask why he is grateful for something and how it affects his day.

16. Work through envy.

Help your child work through any feelings of jealousy they may have. Envy can come when we are not feeling thankful for what we have, and are focusing instead on what others have.