

Gratitude

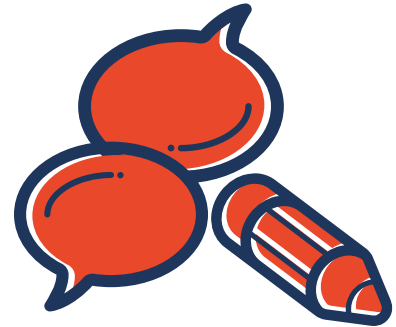
5 things any parent can do



Model it

01

Thank your family, neighbours, or the people working around you – **let your children see your gratitude.** Spread the happiness!



02

Encourage it

Suggest that your children **write a note of gratitude and read it aloud** to someone they appreciate. It'd make your children feel glad too!



Share it

03

Start meal times by sharing something each one feels grateful for. The positive emotions shared builds bonds!



04

Praise it

Spot grateful behaviour and praise them for it. Say, "You thanked your friend for sharing - good job! I'm sure he felt glad and it helped your friendship grow!"



Reminders for it

05

Put notes on the fridge or in the room to remind them to be thankful for their health, siblings, etc. Or text them about a blessing you noted!

Reference:
National Association of School Psychologists. (2009). Fostering an attitude of gratitude: Tips for parents. Communiqué 8(3).



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SINGAPORE