

Gratitude:

Expressing gratitude may be one of the simplest ways to boost your well-being! Expressing gratitude regularly has powerful effects on the brain and body, including:

- feeling more positive emotions.
- improving physical health.
- increasing empathy.
- building strong relationships.

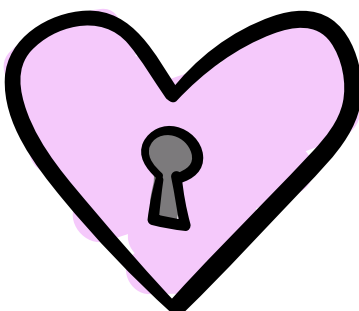


Kindness:

There is a positive relationship between kind, helpful behavior and feeling grateful. When we are grateful, we are more likely to be kind.

Being kind to others:

- develops empathy
- develops compassion.
- builds relationships.
- supports our happiness and optimism.



Self-compassion:

We also need to remember to be kind to ourselves! Parenting can be a challenging job, and our ability to have self-compassion helps us cope! Kristen Neff, recognized as one of the world's leading experts on the topic, outlines three elements of self-compassion:

Self-kindness: recognizing the importance of treating ourselves as we would a friend; giving ourselves a break and taking care of ourselves.

Common humanity: understanding that we all struggle with difficult times. No one is perfect. We're in this together!

Mindfulness: being aware of our feelings and accepting them for what they are without judgement; knowing that thoughts, and feelings come and go.

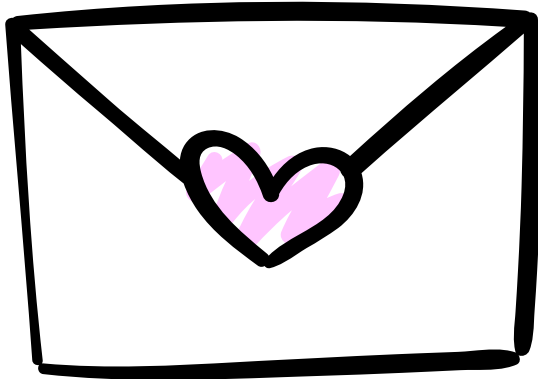
Practices for YOU:

Kind Intention:

Start the day with an act of kindness.

Write a Note (letter, text, or email) of Gratitude:

Take a few minutes to think about someone you are thankful for.



Gratitude Journal:

Write three things that you are grateful for in a gratitude journal, either daily or a few times a week — whatever feels right for you.

- 1 My family
- 2 My home
- 3 Sunny Days!

Practices with your child:

Be a Role Model of Gratitude and Kindness:

Demonstrate how to be kind and grateful. Children are always watching and learning from us.

Everyday Kindness Brainstorm:

Think of all the ways that you and your child can practice kindness to others. Write down your ideas together, and choose one to do.

Kindness to the Planet:

Discuss with your child what you can do as a family to be kind to the planet (for example, being mindful of your use of plastics).



Smile and Thank You:

Help your child understand the importance of smiling and saying thank you — and how those actions make others feel.

Gratitude Discussion:

Discuss at a family mealtime what you are all grateful for. Take turns naming three things.

Express Gratitude with a Note of Thanks:

Encourage your child to write a letter of thanks to someone who helps them, teaches them, or is kind to them.