

APPRECIATION

[APPRECIATION] -reconocimiento-प्रशंसा-Anerkennung-升值-appréciation -التقدير- הוקרה



The word “appreciation” means really seeing something for what it is- an awareness of how special, how lucky, how unique, how blessed, how big, wonderful or awesome something is. Appreciation is a recognition not based on comparison, but based on the intrinsic value, character or immensity of a thing or state itself.

Some people are born “appreciators”. They see the world at its essence- the beauty of a sunset, the fragile green of a leaf, the boundless energy of a small child. Others must be helped to learn to see the beauty and wonder in the world.

Gratitude is one form of appreciation that is easier to express. Thankfulness is part of our religious and cultural heritage and the antidote to selfishness and complaining. It can come in the form of praise, recognition or humility.

Another form of appreciation is respect toward someone or something valued. In relationships this translates as care, concern, fair treatment and courtesy.

Teaching your child to appreciate starts at birth with your loving regard toward him or her and continues throughout the life of your relationship. As they observe the way you view and deal with people, things, and situations, they will no doubt learn to appreciate also.

“The roots of all goodness lie in the soil of appreciation for goodness.”

Dalai Lama

“Give thanks for a little and you will find a lot.”

Hansa Proverb

TIPS FOR PARENTS

1. Say "thank you." When "thank yous" are instilled in our vocabulary at home, a lifelong practice begins, even if it doesn't stick at first. You can gently restate a sentence with polite language inserted, or suggest saying "thank you" together.
2. Live it. Set an example and show appreciation by conveying you paid attention to real effort: "Your room looks so nice with the toys in their bins. I'm so happy that you remembered to put them away!"
3. Teach through role play. If your little one is too shy to say "thank you" in a social setting, they can pretend to teach their stuffed animals or dolls to do so, while you play along.
4. Create daily or weekly routines. A regular question, "What are you most thankful for today?" can serve as a comforting routine at bedtime or a highlight of a weekly dinner ritual.
5. Make giving and volunteering a habit. Set aside toys and clothing in good condition. Deliver the items to a deserving cause together. Talk about the process and why you care. Tap into organizations like Global Giving that offer a virtual marketplace for making a difference.
6. Create appreciation gift lists. Alongside a holiday or birthday gift wish list, for every item, family members can list something they are grateful for.
7. Thank those who serve. Your example of acknowledging those who quietly make a difference in your life, from the bus driver to the person sweeping up the aftermath of a family lunch out, sends a powerful message to your children.
8. Be patient. Kids can't be cajoled into showing appreciation, but your gentle efforts and examples will instill gratitude as a way of life.

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

Voltaire

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

Oprah Winfrey

www.characternc.org

TMSA PUBLIC CHARTER SCHOOLS
CHARACTER EDUCATION DEPARTMENT