

GRATITUDE

Gratefulness, Thankfulness, Thanks, Appreciation

"We must find time to stop and thank the people who make a difference in our lives." -- John F. Kennedy

"I can no other answer make, but, thanks, and thanks."

William Shakespeare

WHY CHARACTER EDUCATION?

Parents want nothing more than for their children to grow up respecting others and for them to be well mannered. That is exactly why character education is an important part of our school day! Success in life takes more than academia, and learning how to work with others that may look and act differently is truly important.

The main reason parents enroll their students in school is to get a good education. Students will learn math, science, social studies, and history, but to become somebody of substance is far better than just being "book smart". Character education is crucial in developing a student who positively contributes to their society. It fosters the development of ethics and responsibility and teaches about values people should have. It teaches the value of caring about others, being honest, and all the qualities that make for outstanding citizens!

Each month we will focus on a different character trait. We will provide resources through our school counselor with lessons and activities, as well as information for families to learn about continuing the lessons at home. Together we can grow our citizens to be great role models just by sharing the same message at school and at home!

TIPS FOR PARENTS

How many times have you told your child to appreciate the good things in life and to say "thank you?" Probably a lot. The field of positive psychology is interested in gratitude and its beneficial effects on well-being. In fact, research has shown that people who experience gratitude have more positive emotions such as joy, love, and happiness, and have fewer negative emotions such as bitterness, envy, and resentment. They also have increased feelings of connectedness and improved relationships, experience greater satisfaction with school and improved academic achievement, and even have better physical health than people who don't take the time to notice and appreciate the good things in their lives. Parents can help their children develop the attitude of gratitude through a variety of simple acts and activities

"Gratitude is not only the greatest of virtues, but the parent of all others."

Marcus Tullius Cicero

SIMPLE GRATITUDE EVERY DAY

Model practicing gratitude. Emotions are contagious. Express thanks to your families, friends, neighbors, and strangers, and ensure that your children see you behaving gratefully.

Encourage "gratitude" thinking. For example, if your child wins the spelling bee, help her identify all those who helped along the way. Suggest she say "thank you" in person or by writing a note to someone who made a particular difference.

Share gratitude daily. Make time in the morning or at dinner for the family to share at least one thing for which each person is grateful. This can be balanced with one thing that was difficult that day, but starting with gratefulness reinforces positive connections and resources.

Reinforce grateful behavior. Watch for grateful behavior or language in your child. Identify it when it happens and reinforce him for it. For example: "That was thoughtful of you to thank your friend for helping you with homework. Good for you. I'm sure it made him feel good and made your friendship stronger."

Use visual reminders. Put notes in your child's lunchbox reminding her to be thankful for her health, sibling, dog, etc. Text your child and remind her to count her blessings. Share something for which you are grateful.

TMSA PUBLIC CHARTER SCHOOLS

Character Education Theme of the Month-GRATITUDE-