MRS. PORTER'S

Counseling Newsletter

Showing Thankfulness and Gratitude this Novembber

November is a wonderful time to focus on **thankfulness and gratitude** and help students recognize the good things in their lives. Gratitude means noticing and appreciating the people, experiences, and little things that make our lives better.

At school, we can help students practice gratitude by encouraging them to notice acts of kindness, recognize the people who support them, and express appreciation for others. Even small moments, like a friend including them in a game, a teacher offering encouragement, or someone helping when they need it, can make a big difference.

Practicing gratitude can help children develop a more positive outlook, strengthen relationships, and build empathy. It also reminds students that happiness isn't always about having more or getting what we want, but about appreciating what we already have.

At home, you can encourage gratitude by talking about one good thing that happened each day, sharing what you're thankful for around the dinner table, or helping your child write a thank-you note to someone who has made a difference in their life.

Most importantly, we want student to understand that gratitude doesn't mean every day is perfect. It means learning to recognize the good, appreciate others, and find moments of thankfulness even on challenging days. **Small moments of gratitude can make a big difference!**

The Gratitude Challenge

November is the perfect time to slow down and focus on the good things in our lives. Gratitude helps children recognize the kindness of others, appreciate what they have, and find joy in everyday moments.

Your family challenge: Share one thing you are thankful for every day in November! Set aside a few minutes at dinner, bedtime, or another time when your family is together. Take turns sharing something you are grateful for and why it matters to you. It might be a friend who made you smile, someone who helped you, a favorite family memory, or something as simple as playing outside or spending time together.

To make it extra fun, see if your family can come up with something different each day! You could even write your answers on slips of paper and place them in a jar to read together at the end of the month.

Contact Information

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Warriors: Rise Up!

This month, our Warriors: Rise Up! character trait is **kindness**. We will specifically look at the following topics: Kindness Makes a Difference, Self Kindness, Kindness & Value, and Kindness & Respect.