



CLUB TAKE HOME: Gratitude

Kindness Matters 365 is a nonprofit that helps children explore social emotional skills and practice what they discover through community engagement. Kids consider how to be compassionate to themselves, others, and our world. We aim to improve a sense of unity and the capacity to non-violently resolve conflicts, to advance safe schools and communities, to improve academic achievement and career readiness, and to inspire a kinder world.

KINDNESS CLOSEUP – What we are learning with KM365

The KM365 topic of the month is **Gratitude**: Noticing and appreciating the good things in your life; shifting your focus from things you don't have to things you do have.

At home, try:

- **Teach Kids Gratitude by Using the Gratitude Lens** - Your children mirror what you do. How can you speak and act from a grateful mindset? Gratitude gives your mind a chance to reset. When you are in a difficult situation, or even just going through everyday life, can you ask "Is there another way to look at this?" Maybe take a look at things through a "gratitude lens"...so chores become opportunities to serve, financial struggles become opportunities for growth. We can take a grateful inventory of what we do have. Looking at situations through this lens of gratitude can shift your whole perspective, experience, and attitude.
- **Gratitude Photo Album** – Throughout the year, draw or take pictures of things you are grateful for and put a gratitude photo album or scrapbook together. Everyone in your family (young and old) can include pictures of things they're thankful for, give and small things, and one of you can create a show and tell (digital album, printed, or on-screen) for New Year's Day.
- **Gratitude Poster Board** - Propose a family challenge...come up with one different thing your family is thankful for every day for an entire year. Each day, before bedtime or maybe at dinner, pick something your family is grateful for and write it on a piece of poster board in different colors. Get creative; the key here is to come up with 365 different things you and your family are thankful for and take some time to reflect on our gratitude.
- **Take a Gratitude Walk** - Take time to walk, be outside, and notice what's around you. Look around and appreciate what you see, experience, or remember. With older kids, you can talk about things you can notice in your lives through a lens of gratitude.

Please talk with your kids about the topic and what they are exploring with Kindness Matters 365. You can also check us out on social media to see what children are teens are doing as they discover what this topic means to them, and how they can incorporate it into their lives.

Request our emails and newsletters by sending an email to info@kindnessmatters365.org

Engage: **Facebook** @kindnessmatters365org **Twitter** #kindnessmatters365

Instagram @kindnessmatters365