



Shalford Infant & Nursery School

Value of the Month

December: Gratitude

Definition of gratitude: feeling thankful and happy when good things happen to us

Gratitude helps us balance our feelings

When your day isn't going so well tell yourself what you are thankful for

Count your blessings every day

Notice the simple things in your life that make you feel good



During our learning about gratitude we will work with the children to find answers to these questions:

- What are you grateful for?
- How do you show others you are grateful to them?
- What does it mean to be a 'glass half full' person?
- Why is being a grateful person good for you?



6 ways to show you are grateful to others:

- Write a thank you note
- Make a thank you gift
- Give them a compliment
- Do something with them that they will enjoy
- Help them with a job they need to do
- Say thank you!



At home please take time to talk to your child about gratitude, noticing the good things in our lives and saying thank you to others who do things for us. Tell them all the things you are grateful for too!