

TEACHING YOUR CHILD TO BE THANKFUL

FORCING YOUR CHILD TO SAY "THANK YOU" DOES NOT TEACH THEM TO BE THANKFUL. RAISE A GENUINELY GRATEFUL CHILD WHO DOESN'T JUST SAY THE WORDS.



STOP ASKING: "~~WHAT DO YOU SAY?~~"

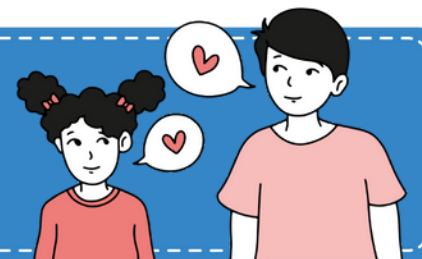
AND INSTEAD, ASK THE MAGIC QUESTION: "HOW DOES IT MAKE YOU FEEL?"

- ♥ "Your friend missed his soccer practice to bring your homework to you. How does it make you feel?"
- ♥ "Your teacher spent her own money to get supplies for the class. How does it make you feel?"
- ♥ "Your grandmother planned this outing so you could make a special memory together. How does it make you feel?"

NEXT, CONNECT THE DOTS BETWEEN THE FEELINGS AND EXPRESSING THANKS:

- ♥ "Was it fun to play with your friend? Did you tell them that? Next time, let's tell them."
- ♥ "Did it make you feel happy when you got grandma's present? Does she know that? Let's tell her!"

WHEN YOU HELP YOUR CHILD RECOGNIZE HOW GRATITUDE REALLY FEELS INSIDE... THEY'LL SAY "THANK YOU" WITHOUT BEING FORCED BECAUSE THEY'LL FEEL THANKFUL.



Gratitude Game

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HOW TO PLAY: Print and assemble the dice on page 2, or use your own. Roll one die or two dice and add up the numbers to match the sum with the prompt below. Take turns sharing what you are thankful for with your family and friends.

- 1 Name a **PERSON** you are thankful for
- 2 Name a **PLACE** you are thankful for
- 3 Name a **THING** you are thankful for
- 4 Name a **FOOD** you are thankful for
- 5 Name a **HOLIDAY** you are thankful for
- 6 Name a **SONG** you are thankful for
- 7 Name a **SKILL** you are thankful for
- 8 Name a **THING IN NATURE** you are thankful for
- 9 Name a **TRADITION** you are thankful for
- 10 Name a **SCENT** you are thankful for
- 11 Name a **GAME** you are thankful for
- 12 Name **ANYTHING** you are thankful for

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With gratitude,
Big Life Journal team