

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?"~~

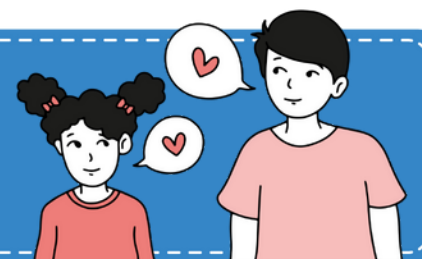
AND INSTEAD, ASK THE MAGIC QUESTION: *"HOW DOES IT MAKE YOU FEEL?"*

- ♥ "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 & Mindfulness Kit

Ages 5-11

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.**

The real bonus is the quality time which is his love language, double whammy!."

- Katherine."

★★★★★



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Big Life Journal team