

# GRATITUDE

## STUDENT & PARENT HANDOUT



**GRATITUDE:** To be thankful.

**Overview:** Gratitude is the ability to be thankful for everything you have in your life. It helps you to look at life's challenges with the appreciation that it will help you learn, grow and become a better person.

Create a mindset of gratitude everyday by saying, "My cup is neither half-full nor half- empty, my cup flows over."

Practice an "Attitude of gratitude" by always acting in a positive manner. Put a smile on your face and be thankful for your family and friends. Show your appreciation for those you love by giving of yourself completely without condition.

Show your gratitude toward others for what they do for you by always saying "Please" and "Thank you."

Give generously, as acts of gratitude, by donating your time, resources and efforts to the community and those in need. It will help you to appreciate what you have more.

**Student:** Saying "Please" and "Thank you" are really cool ways of showing you are grateful. People will think well of you for using good manners as a way of showing you're thankful.

Ask your parents for chores and stuff to do around the house. It will teach you what it takes to earn something you may really want. You will learn to appreciate the things you have more and take better care of them.

Being helpful and kind toward others is a great way to show your gratitude. For example, offering to help someone who is struggling practice their martial arts helps you to appreciate your own skills.

**Parent:** Demonstrate an "Attitude of Gratitude" to your children by always using good manners. Saying "Please" and "Thank you" go a long way in showing gratitude toward others for the things they do for us.

Teach your children to earn things so that they learn to appreciate what they have versus what they don't. Give them chores or tasks around the house. Make them earn things such as an allowance or a toy that they may really want. They'll learn to be more thankful for the things they receive and have and to take better care of them.

Show your gratitude for your children through appropriate praise and lots of hugs. Your children's self-esteem will grow when they feel appreciated for who they are and what they do by your expressed gratitude.



