

## WELLBEING NEWSLETTER

Creating happy, resilient families



In this edition we talk about gratitude and how it can help wellbeing



## What does it mean to express gratitude?

It turns out that gratitude is so much more important than simple politeness. Research shows us that gratitude is actually one of the most important skills children can develop to protect their mental health and improve wellbeing.

Being aware and thankful for good things changes your child's part of the brain involved in positive emotions. This in turn helps your child feel motivated to do things they enjoy.

Work together and write down what you are grateful for each day. Try choosing 3 things each day for the next 7 days.

## Tips for Raising Grateful Children

1. Lead by example, children learn by observing their parents
2. Where possible, volunteer to help others
3. Focus on the efforts your child has put in to helping others, school work or relationships and not just the results
4. Encourage reflection, and discuss positive and challenging moments of the day to provide a balanced view of the world
5. Celebrate special occasions thoughtfully, this could include gift or gestures
6. Hold realistic expectations, not everything will go their way, teach them how to handle disappointments

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**Writing Down What You're Grateful For Can Literally Relieve "So" Much Stress**  
Keeping a gratitude journal is a simple and effective way to relieve stress and increase your overall emotional well-being. Learn how to get started.

**Helpful Websites!**

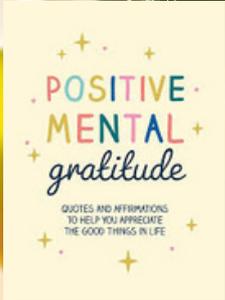


**10 Tips for Raising Grateful Kids**

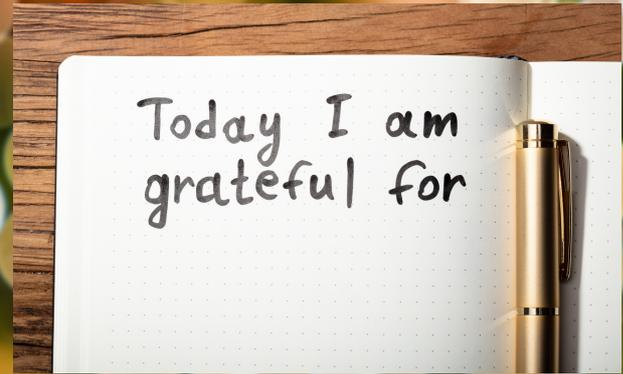
childmind.org

CLICK HERE 





**Book Recommendation**  
This gentle book - spilling over with beautiful quotes and statements on the practice of gratitude - will empower you to celebrate the present, even in times of challenge and change



**Grateful: A gratitude journal app**



**READ MORE** 

**The holiday period can sometimes be hard, reach out you are never alone.**



**National Grief Awareness Week 2-8 December**



**Child Bereavement UK 0800 028 8840**  
**The Compassionate Friends 0345 123 2304**  
**Cruse Bereavement Support 0808 808 1677**

**Written by education advisors with over 30 years experience**

