

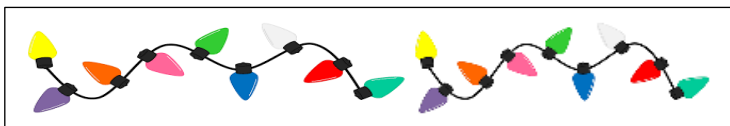
Express Gratitude

This time of year is a wonderful time to think about the many things you appreciate in your life. It is also a great time to create memories with family and friends. Here are a few ideas for you and your children to do to express gratitude!

- ✿ *Inspire your child to write a thank you note or create a card to let someone know what they mean to them.*
- ✿ *Deliver a special treat to someone in your community to show your gratitude.*
- ✿ *Design a gratitude jar. Place a slip of paper in the jar every time you think of something for which you are grateful. Set aside time to read the things for which your family is thankful.*
- ✿ *Keep a gratitude journal.*

With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.



Fun, Thoughtful and Economical Gift Ideas

For parents with young children, provide a homemade coupon for baby-sitting, walking the dog, or cleaning.

Fill a holiday mug with packets of flavored tea, hot cocoa, coffee, or a hot soup mix.

Create a booklet with favorite holiday recipes.

Make homemade mixes in a jar. Mixes for soups and cookies are popular! You can decorate the jar with fabric and ribbon and include a cutout of the recipe!

