

# THE SEL MONTHLY

# **NOVEMBER 2024**



## **KENTWOOD PUBLIC SCHOOLS**

As part of our commitment to fostering social and emotional learning (SEL) in our school community, we are excited to introduce our new focus on gratitude! Research shows that practicing gratitude can lead to increased happiness, improved relationships, and a stronger sense of community.

### What is Gratitude?

Gratitude is the practice of recognizing and appreciating the good things in our lives, no matter how small. It helps us shift our focus from what we lack to what we have, fostering a more positive outlook. Gratitude involves consciously shifting our perspective to see the goodness that surrounds us, even in the face of challenges and difficulties.

#### **Gratitude in School**

Your child will be incorporating gratitude throughout the upcoming weeks in their classrooms through SEL lessons. They will engage in various activities designed to cultivate gratitude. This will include: Understanding and expressing gratitude for themselves, what they have and seeing the good in those around them as well.

This creates a positive climate and culture, not only in our school, but also in the community we serve around us.

## **BENEFITS OF PRACTICING GRATITUDE**

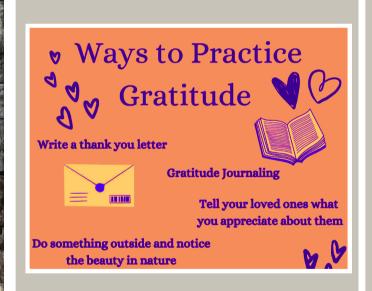
- Enhanced Well-Being: Increases happiness and life satisfaction.
- Improved Mental Health: Reduces symptoms of depression and anxiety.
- Stronger Relationships: Fosters connection and appreciation among people.
- Better Physical Health: Promotes healthier behaviors and better self-care.
- Increased Resilience: Helps cope with adversity and maintain a positive outlook.
- Greater Empathy: Encourages kindness and reduces aggression.
- Enhanced Self-Esteem: Boosts confidence and reduces comparison with others.

Practicing gratitude can significantly improve overall well-being and create a positive atmosphere in all areas of life.

### **GRATITUDE CHALLENGE BINGO**



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#### **Gratitude in School**

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We are committed to serving the whole-child and their emotional well being. Teaching gratitude helps children develop a positive mindset, which can improve their overall emotional health and resilience. Gratitude can help reduce negative feelings, promotes forgiveness, builds stronger connections, fosters a sense of belonging, encouraging students to appreciate their peers, teachers and school environment.

### **BENEFITS OF PRACTICING GRATITUDE**

- Improved Mental Health: Practicing gratitude can help reduce anxiety and depression among students, promoting overall emotional well-being.
- **Enhanced Social Skills**: Expressing gratitude encourages students to appreciate their peers and teachers, fostering stronger relationships and a sense of community.
- **Increased Motivation**: Grateful students tend to be more motivated and engaged in their learning, leading to better academic performance.
- **Better Behavior:** Gratitude can lead to a more positive classroom atmosphere, reducing incidents of bullying and disruptive behavior.
- **Greater Resilience**: Students who practice gratitude are often better equipped to handle challenges and setbacks, leading to improved coping strategies.
- **Empathy Development**: Gratitude exercises encourage students to think about others' contributions, enhancing their empathy and understanding.
- Positive Classroom Environment: A culture of gratitude can create a more supportive and inclusive classroom, where students feel valued and respected.
- **Boosted Self-Esteem**: Recognizing and appreciating what they have can help students build a positive self-image and self-worth.

### **CIRCLE GRATITUDE PROMPTS**

- Share one thing that made you smile yesterday.
- What is one thing you are grateful for today and why?
- Name one thing from nature that makes you happy and why?
- Give a compliment about the person sitting on your right (i cannot be materialistic).
- Share a favorite memory that brings you joy.
- What is something that a classmate has done recently that you are thankful for?
- Name one thing that you appreciate about your family and why it is special to you.
- Share an act of kindness you have done in the past or something you plan to do this week.



