



# 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

Go on a walk with family	Write down 10 things for which you are grateful	Perform a random act of kindness	Create a gratitude jar	Write a letter to someone who inspired you
Draw a picture for a friend	Give a hug to someone you love	Ask a loved one what gratitude means to them	Write a letter to a family member	Request a few extra chores at home
Write down 5 things you like about yourself	Give at least 5 compliments at school	FREE SPACE	Help a neighbor with a chore	Tell a relative you appreciate them
Call a family member	Write a nice note to your teacher	Thank a veteran for their service	Smile as often as possible today	Take a photo of something you're grateful for
Donate items you no longer need	Go outside and appreciate nature	At dinner, talk about your favorite part of the day	Write a note to anyone who works at your school	Compliment each family member

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### Ways to Practice Gratitude

- Write a thank you letter
- Gratitude Journaling
- Tell your loved ones what you appreciate about them
- Do something outside and notice the beauty in nature





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#### Gratitude in School

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

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 (it 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.

### 10 POWERFUL WAYS TO PRACTICE GRATITUDE DAILY

-  **1. Tell Others**
-  **2. Write a Positive Review**
-  **3. Cuddle Your Pet**
-  **4. Give Back**
-  **5. Thank Someone For Changing Your Life**
-  **6. Start a Gratitude Jar**
-  **7. Share Your Gratitude With Your Partner**
-  **8. Start a Gratitude Journal**
-  **9. Create a Gratitude Wall**
-  **10. Be Grateful for the Most Important Person in Your Life**

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

— Albert Schweitzer