

# Gratitude

## 5 things any parent can do



### Model it

01

Thank your family, neighbours, or the people working around you - **let your children see your gratitude.** Spread the happiness!



02

### Encourage it

Suggest that your children **write a note of gratitude and read it aloud** to someone they appreciate. It'd make your children feel glad too!



### Share it

03

**Start meal times by sharing something** each one feels grateful for. The positive emotions shared builds bonds!



04

### Praise it

**Spot grateful behaviour and praise them for it.** Say, "You thanked your friend for sharing - good job! I'm sure he felt glad and it helped your friendship grow!"



### Reminders for it

05

**Put notes on the fridge or in the room to remind them** to be thankful for their health, siblings, etc. Or text them about a blessing you noted!

Reference:  
National Association of School Psychologists. (2009). *Fostering an attitude of gratitude: Tips for parents.* Communiqué 8(3).



Ministry of Education  
SINGAPORE