



APPRECIATE

Parent Pack

MODULE SUMMARY

During this module your children have learnt all about the importance of gratitude, or being thankful.

Key learning points include:

- ▶ Children learn the importance of being thankful and that it helps us and others to feel good.
- ▶ Children experiment with different ways of showing their gratitude.
- ▶ Children start to develop a habit around taking the time to stop and show gratitude.

Children learn all about the importance of stopping and taking time to be thankful.

Why not have this poster somewhere visible and encourage children to share what they are thankful for at home?



Appreciate Story

We encourage you to go over this story with your child and ask them what they remember from nursery.



Arabella was a lovely girl who lived by the seaside, her garden was the beach and she loved to play in the sand...



One day, Arabella woke up and was so happy because her friends were coming to play. They lived in the countryside...



Arabella and her friends played on the beach for hours, they had such fun together splashing in the waves and building in the sand...



Arabella and her friends were so sad when it was time to leave but they were so thankful for the time they had together!

Habits at Home

Try and spend a few minutes as a family thinking about the things you are grateful for each day.

DAY 1: Did we think about gratitude today?

YES ☐

NO ☐

How did it feel?

DAY 2: Did we think about gratitude today?

YES ☐

NO ☐

How did it feel?

DAY 3: Did we think about gratitude today?

YES ☐

NO ☐

How did it feel?

DAY 4: Did we think about gratitude today?

YES ☐

NO ☐

How did it feel?

DAY 5: Did we think about gratitude today?

YES

☐

NO

☐

How did it feel?

DAY 6: Did we think about gratitude today?

YES

☐

NO

☐

How did it feel?

DAY 7: Did we think about gratitude today?

YES

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NO

☐

How did it feel?

“It is not happy people who are thankful. It is thankful people who are happy.”

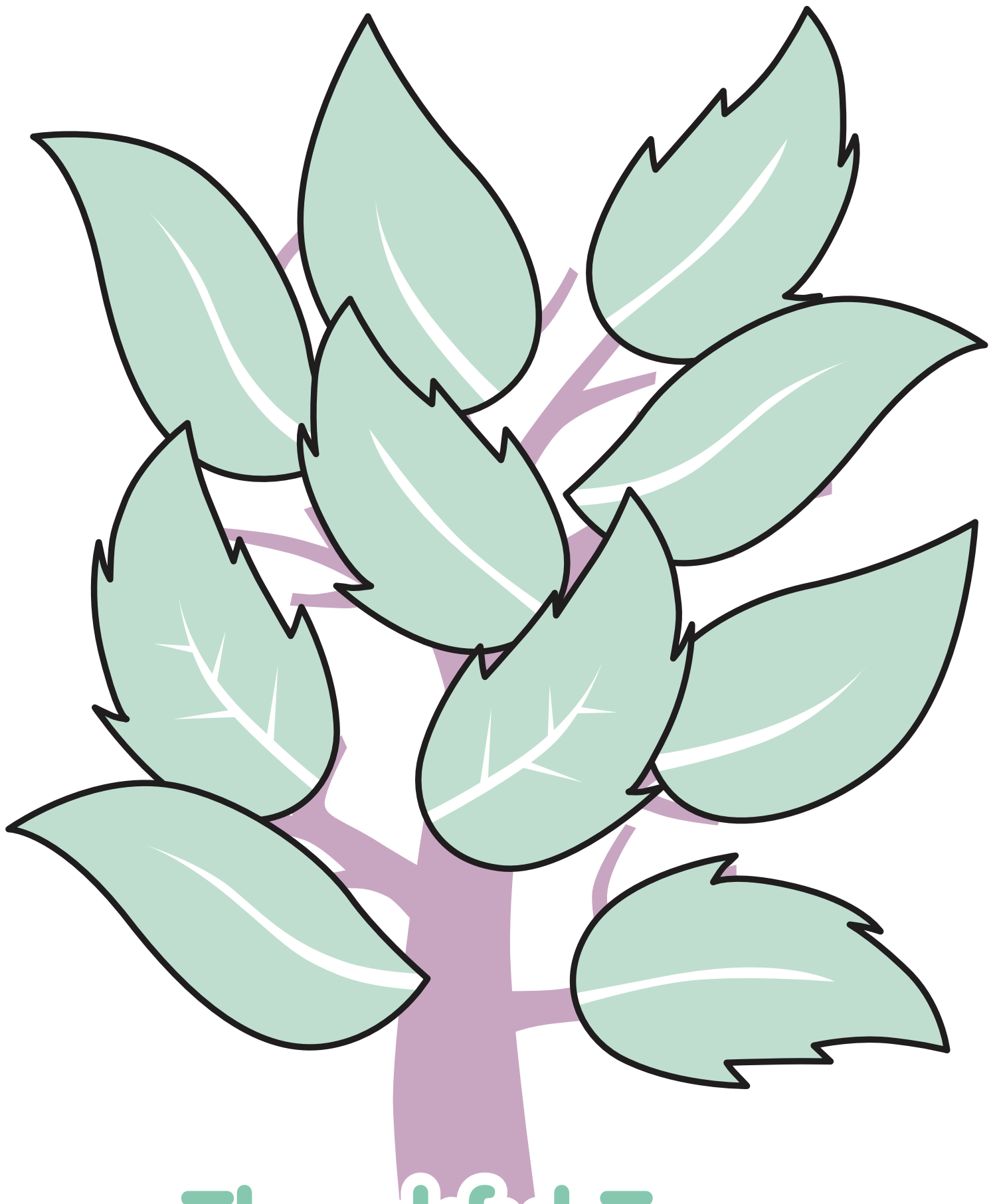
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We'd love you to come and join us in our myHappymind friends Facebook community. This is a private group where you can share experiences, learnings and more with other like minded parents.

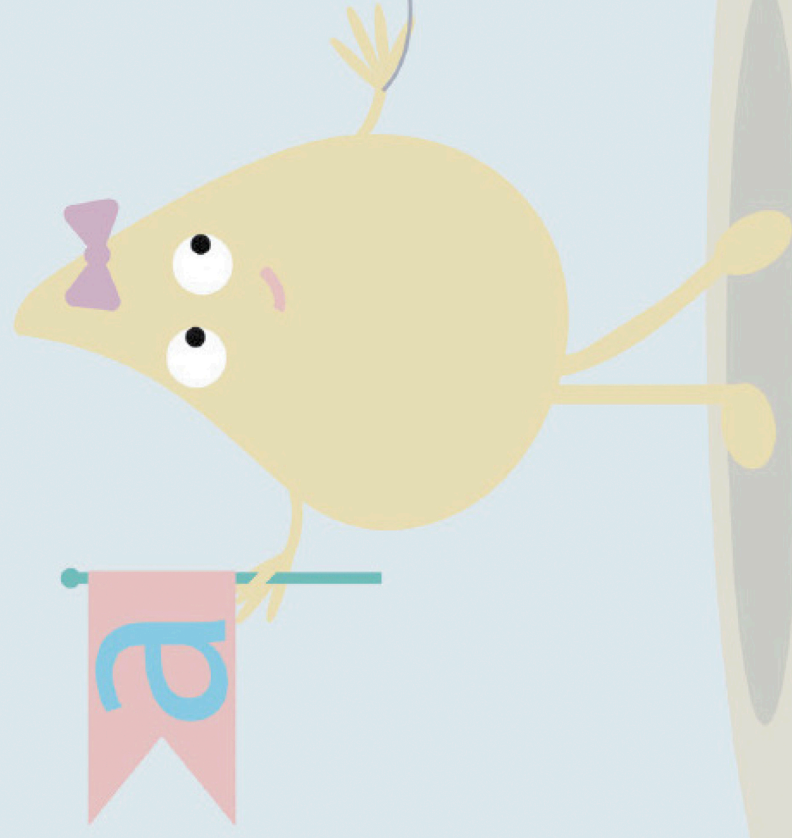
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Thankful Tree

Print this page off to use at home. Each time your child discusses something they are thankful for, capture it on a leaf. In no time, your tree will be covered with leaves! This is a great exercise in reflecting on what children are thankful for.

What are you thankful for
today?



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