



GRATITUDE

4th Grade Family Connection

PurposeFULL
People

Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is “choosing to appreciate the people and things in our lives.” Practicing Gratitude can increase our well-being and our happiness.

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

In The Classroom

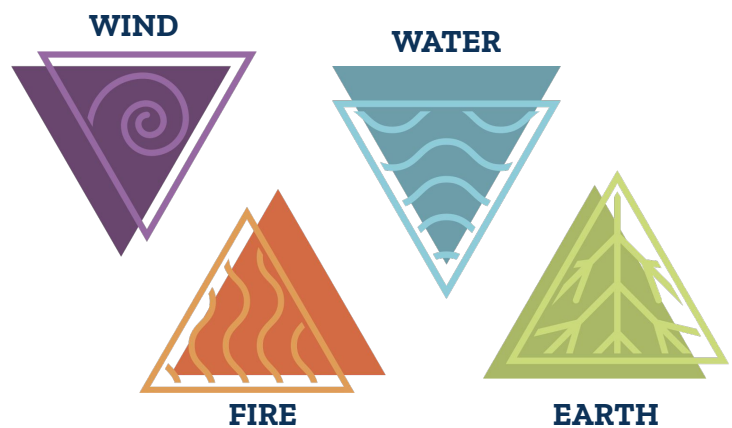
What we believe about ourselves influences our well-being. This month, 4th grade students will focus on positive self-talk, which is the ability to notice unhelpful thoughts and turn them into more helpful ones. They will also use the Emotion Elements to identify how they feel.

Emotion Elements

- **Wind** represents feeling words like inspired, anxious, playful, and nervous.
- **Water** represents feeling words like concerned, thoughtful, tired, and bored.
- **Fire** represents feeling words like annoyed, overwhelmed, excited, and scared.
- **Earth** represents feeling words like motivated, focused, confident, and proud.

Conversation Starters

- Can you describe positive self-talk?
- How can positive self-talk help us put Gratitude into practice?





GRATITUDE

PurposeFull Pursuits

PurposeFull
People

Have some fun connecting as a family this month while practicing Gratitude. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.

Pursuit #2

Review Gratitude as a family! Remember that Gratitude is choosing to appreciate the people and things in our lives. Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.



Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis! Let people know you are Grateful for their willingness to share.



Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

