

Counselor Corner

November 2021

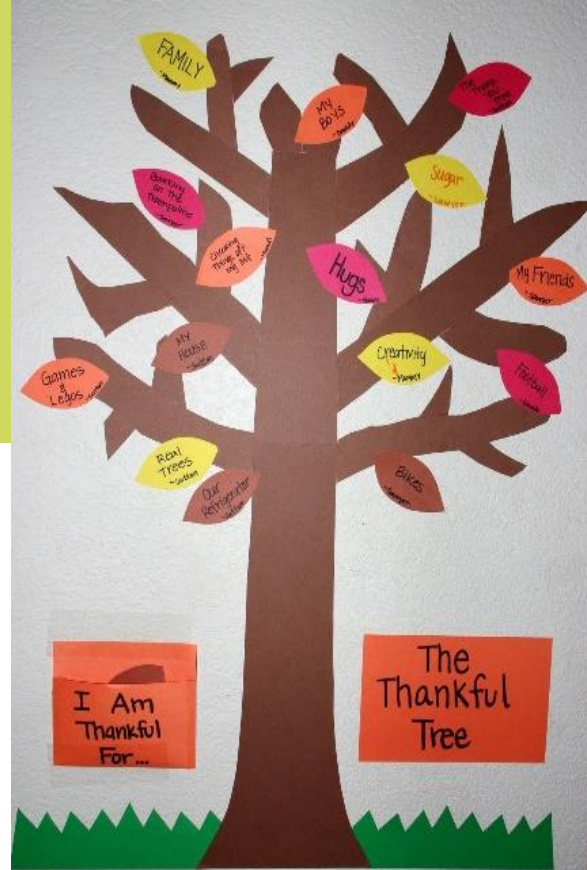
Gratitude is an Attitude

As we approach Thanksgiving, remember that showing our gratitude is truly the greatest way to celebrate the holiday. Gratitude has been shown to increase feelings of happiness, self-esteem, social connection, mental health, and physical health. Gratitude has also been scientifically proven to decrease feelings of depression.

Here are some tips to incorporate gratitude practices into your life this November and all year long!

1. Express your gratitude. The next time a family member or friend does something that you appreciate, be sure to let them know. Write them a note or make them a card to share your appreciation.
2. Create a gratitude jar. Decorate a jar to be displayed on a counter or tabletop. Each day a member of the family can write down one thing that he/she is grateful for on a small slip of paper. When the jar is filled (or if someone is feeling sad) take time to reread some of the slips of paper.
3. Take a gratitude walk. Use this time for meditative reflection. Be intentional in observing what you see around you as you walk. Take note of the colors of the trees, the sounds the birds make, and the smell of the plants. Notice how your feet feel when you step onto the ground. Consider taking a walk as a family and having each member of the family share something for which they are grateful.
4. Start a gratitude journal. Take five minutes each day to write in a journal. Note three things that you are grateful for or three things that went well during the course of that day. This could even become a dinnertime reflection as a family. Consider implementing it as "Three Things Thursday" when each family shares about the 3 things that went well that day.

*Thankful Tree activity adapted from:
<https://www.happinessishomemade.net/thankful-tree/>*



The Thankful Tree

Create a Thankful Tree with your family. Supplies: Colored paper or construction paper, scissors, tape, and markers.

1. Using the colored paper, cut out a large trunk for your tree. Tape this to a wall, cabinet, or refrigerator door. Try to display it in a prominent spot!
2. Make one or more leaf cutouts to use as a template for your leaves. Trace and cut out leaves on your colored paper.
3. Each member of the family can draw or write things that they are grateful for on the leaves. Photographs can also be used. Tape finished leaves to the trunk.