

Counselor's Corner

Miss Martin, Starline Elementary
November 2020

Upcoming Events

- November 11th
No School - Veterans Day
- November 25th - 27th
No School - Thanksgiving

Early Release is on
Wednesdays.

Reminders

The best way to contact me
is via email:
Susan.Martin@lhusd.org

You can reach me by phone
by calling the Starline Office
at 928-505-1490 and asking
for extension 3448.

Fostering Gratitude

Gratitude can improve mental health and have lasting effects on the brain. Showing gratitude helps build positive relationships.

During recent times of frequent changes, it is important to show appreciation and return kindness to others. There are many ways to foster gratitude in children. One way is to model gratitude in your everyday life. Children who see adults thanking others and being thankful will begin to understand the importance of gratitude.

Other ways to help children understand gratitude is to complete activities that require them to name things, people, etc. that they are thankful for. The following pages include gratitude-focused activities for you and your child.



Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



Name: _____

I am THANKFUL

Color all the things you are thankful for.



food



butterflies



sunshine



my family



my teacher



my home



hugs



love



the earth



my friends



flowers



my pets



books



rainbows

I am also
thankful for...

I am also thankful for...

I am also
thankful for...

GRATITUDE PROMPTS



1. A **strength**  of mine for which I am grateful is...
2. Something  money  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

My Gratitude Jar

Date: _____

Today I am thankful for...

