

# Practising Gratitude

## ABOUT GRATITUDE

Practising gratitude can help foster positive emotions. Gratitude relates to thankfulness and appreciation. This can be particularly useful during challenging times as it gives young people an opportunity to notice and reflect on the positives in the world. Creating a gratitude jar can be a fun, creative and engaging way for your child to practice gratitude. This activity can also help promote family cohesion by showing appreciation and sharing this with family members / carers. Nurturing family relationships and increasing positive interactions will be particularly important during Covid-19.

## SUGGESTIONS FOR THIS ACTIVITY

Your child will be asked to create a Gratitude Jar or Gratitude Journal which they can decorate to their liking using any art materials they have. They will be encouraged to write up to three gratitude messages a day to add to the jar. All family members can contribute to the gratitude jar. As a family, reflect on your gratitude messages at the end of each week as a reminder of the positives you experienced and the things you are grateful for. Remember, this is a great opportunity to strengthen bonds and relationships amongst family members. You can all write messages about the things that happened in your day or people they would like to show appreciation to. Your child has been given some ideas to help when creating their messages for the Gratitude Jar or Gratitude Journal.

## WHAT IF MY CHILD HAS LOTS OF NEGATIVE EMOTIONS THEY AREN'T SURE HOW TO DEAL WITH?

- Reassure them that it's natural to respond this way given the current challenges we all face.
- Encourage them to keep talking with you about how they're feeling. Sometimes, strong emotions can be alleviated just by letting them out and talking.
- Don't feel like you need to solve anything right away. Just listen at first.
- If your child would like assistance, help them find solutions to the cause of their feelings (e.g. If it's loneliness, help them make connections with friends or family. If it's sadness, find time for activities that bring joy. If it's anxiety, help them to see the issue from a different perspective).
- Seek additional help if you think you need it.

If you feel your son needs further help and wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim [amos.pilgrim@medbury.school.nz](mailto:amos.pilgrim@medbury.school.nz). The school counsellor, Jenelle Hooson, is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).



Here are some support options specifically for young people aged between 5 and 25:

- [Need to Talk?](#) Free call or text 1737 any time to speak to a trained counsellor, for any reason.
- [Youthline](#): 0800 376 633 (24/7), or free text 234 (8am-12am), or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- [What's Up](#): online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (12pm-11pm weekdays, 3pm-11pm weekends)
- [Kidsline](#) (ages 5-18): 0800 543 754 (24/7 but between 4pm and 9pm calls are answered by a Kidsline Buddy, specially-trained year 12 and 13 students)

Further resources to help parents support their children during this time:

<https://www.allright.org.nz/>

<https://www.mentalhealth.org.nz/>

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