



BRIGHT HORIZON ACADEMY

# Character Education

## All About Gratitude

AssalamuAlaikum Parents,

This month, Bright Horizon Academy will be learning about Gratitude. Each month we focus on a character trait by exploring what it means, why it's important and how we can incorporate these traits everyday . Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about gratitude.

### Why Is It Important?

The ability to show gratitude not only allows us to feel at peace with the possessions we have, but it also helps us to build strong relationships with others. When you feel gratitude, you feel a sense of abundance. When you express gratitude, especially when it is heartfelt, you strengthen your relationships with others. Grateful people are happier and more fulfilled. A focus on gratitude reduces stress and increases levels of contentment.

### Practice It!

Start a gratitude journal with your child. Get a blank notebook and work together to design it. Spend time decorating it. Choose a special place to keep it to emphasize the importance it will hold. Each night, devote time together adding three things you are thankful for. Start each entry with "Alhumdulillah for\_\_." At the end of each month, review the list together to remind you of all the reasons you have to be grateful for.

### Talk About It!

Here are some discussions points to help you talk about gratitude with your child:

- What do you think gratitude means and why is it important?
- How do you think being grateful for what you have can affect your attitude?
- What are some big things you are thankful for? What are some small things?
- What are some things you can do at home and at school to remember to be more thankful?