



Gratitude

Thanks, thankfulness, appreciation, gratefulness.



Dear Parents,

October and November is the month we celebrate Thanksgiving Day. This is a time we can reflect on our many blessings. The opportunity for our children to learn martial

arts is a great blessing. The character development, self-defense skills, and physical fitness they receive are something that not every child gets to experience. Take some time this month to discuss with your children the many people and things in their lives for which they should be grateful.

In addition, encourage them to express their gratitude both in word and in deed. William Ward once stated, "Feeling gratitude and not expressing it is like wrapping a gift and never giving it." Help your child learn to regularly give the gift of gratitude.

Other Things Parents and Caregivers Can Do to Help Their Children Express Gratitude

Help them create a list of people and things for which they should express gratefulness. Before they can express their gratitude, they need to identify the many things in their life that should make them grateful. The list can include

both people, such as parents, friends, and martial arts instructors, and things, such as toys, their home, and special treats. Sit down with them and help them write their list. They might just be surprised at how many things for which they are grateful.

Express your gratitude for them. Virginia Arcastle tells us, "When people are made to feel secure and important and appreciated, it will no longer be necessary for them to whittle down others in order to seem bigger by comparison." When your children know they are loved and appreciated, it will create a very positive attitude. They will feel more confident and learn the habit of expressing their gratitude towards others.

Help them learn to say thank you with their actions, as well as their words. Being grateful is more than just about saying thank you. It also means taking those actions that clearly demonstrate their gratitude. For example, one way they can express thanks to their martial arts instructor is by taking the time to practice at home. This expresses true appreciation for the time and effort their instructor gives to them during class.

Discuss with your child how it feels when someone expresses gratitude towards them. Helping your child recall the positive emotions they have when others express gratitude towards them will make them more willing to express their gratitude toward others. Remind them of how good it feels to be appreciated and encourage them to give others that positive feeling.

November
2009

Theme of the
Month

This month our
weekly lessons
will cover:

Week One:

"Gratitude is not only the greatest of virtues, but the parent of all others." — *Cicero*

Week Two:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
— *John F. Kennedy*

Week Three:

"When people are made to feel secure and important and appreciated, it will no longer be necessary for them to whittle down others in order to seem bigger by comparison." — *Virginia Arcastle*

Week Four:

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
— *William A. Ward*

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