

Nov 2016

Week One

"WHAT IF TODAY, WE WERE JUST GRATEFUL FOR EVERYTHING?"

- UNKNOWN -

Week Two

"DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS."

- UNKNOWN AUTHOR -

Week Three

"SOME PEOPLE ARE ALWAYS GRUMBLING BECAUSE ROSES HAVE THORNS; I AM THANKFUL THAT THORNS HAVE ROSES."

- ALPHONSE KARR -

Week Four

"THANK YOU EXPRESSES EXTREME GRATITUDE, HUMILITY AND UNDERSTANDING."

- ALICE WALKER -

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we will discuss thankfulness. The holiday season is a time where people tend to express gratitude, thankfulness and appreciation more than normal. It is important that we teach our children being thankful is a part of daily life.

HOW CAN YOU HELP?

- **Talk to your children about being thankful.** Have conversations with your children about what it means to be thankful and what there is to be thankful for. The more experience they have being grateful, the more they will be grateful year round.
- **Give your children less.** We all want to shower our children with love, attention and gifts, but try not to give them gifts too frequently. When children come to expect something, then they will become less grateful.
- **Encourage your children to be generous.** Help your children discover giving to others and the joy it can bring. There is so much excitement children can get from helping other people in need.
- **Find a project where your children can give back.** Help in a soup kitchen, volunteer at a non-profit or help at a canned food drive.
- **Have your children earn something that they want.** Make your children earn that new thing they want, whether that be actually making the money to purchase the item, saving money for it, or working it off by doing chores. Your children will be more grateful for what they wanted when they know they had to work for it.
- **Thank you notes.** When your child has a birthday party have them write thank you letters to those that came to their party. Going the extra step with a thank you note teaches them follow through and reinforces gratitude.
- **Show gratitude yourself.** Lead by example. There is no greater role model in a child's life like their own parents.

Thankfulness

BEING THANKFUL IS EXPRESSING GRATITUDE AND RELIEF. IT IS IMPORTANT TO BE THANKFUL IN OUR EVERYDAY LIVES.

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