

"Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors

This month is dedicated to:

GRATITUDE



For You:

The most important action you can take in supporting your colleagues, students, and families is to take care of your own mental health.



- [How Gratitude Can Affect Your Physical and Psychological Well-Being.](#)
- [Gratitude in Adversity.](#)
- [Gratitude Meditation](#)
- [9 Ways to Promote Gratitude in Your Life](#)

For Students:

Recent research shows that instilling gratitude in our children from a young age can help them grow up to be happier people. Grateful children tend to be more optimistic, have better social support, and experience more satisfaction with their schools, families, communities, friends, and themselves. They've also been shown to be less envious, depressed, and materialistic.

K-Gr. 3

- [Gratitude as a Life Skill](#)
- [Gratitude Meditation](#)
- [Thank You Song](#)
- [5 Picture Books about Gratitude](#)
- [17 Children's Books about Gratitude](#)

Gr. 4-7

- [5 Minute Gratitude Meditation](#)
- [Gratitude Exercises](#)
- [Gratitude Activities for the Classroom](#)

Gr. 8-12

- [Gratitude Activities for the Classroom](#)
- [Gratitude Worksheet](#)
- [Guided Meditation for Gratitude](#)

For Families:

- [Easy Gratitude Practices](#)
- [Raising Grateful Kids](#)

