

DAILY GRATITUDE PRACTICE

How to build one into your early learning classroom!



*Kindness makes
us happier and
healthier....
its true!*

Create Healthy Habits
Cultivate Kindness
Capture Positive Thoughts

How: Create a daily routine. Encourage children **to stop, to notice** and **to share** their positive thoughts.

When: Arrival, snack or lunch. Ask the children what they are grateful for (what they love in their life).

Record: Jot down their words on Post-it notes.

Review: Pop the notes into a "gratitude jar" and read them back to the children at the end of the week!

Share the love!

