

December Guidance Lesson Theme: *Generosity through Gratitude*

Lesson focus...

Personal gratitude is an important part of self-care. It is about being thankful for our strengths, talents, and 'super powers' that make each and every one of us the amazing individual that we are.

Treating ourselves with the same kindness and compassion that we would treat a good friend helps us to feel happy, appreciative, and grateful.

Follow-up at home by...

Help your learner better understand his/her strengths by pointing his/her strengths out to him/her. Be sure to be specific and focus on different strengths and find a way to compliment his/her strengths but also give ideas for how he/she can use his/her strengths. Some good examples include:

"You know a lot about cars. Maybe you can do your art project on cars!"

"You are so funny. Maybe you can tell that kid a joke to start a conversation"

Important lesson takeaways...

- ♥ As we all know, right now there are many places we can't go, people we can't see, and toys that we just can't have. When we focus on all of the people, places, and things we don't have or can't see right now, it can make us feel very sad, angry, and disappointed.
- ♥ When we look for reasons to feel sad, angry, and disappointed, we often find them. The same can be said when we focus on our super powers. When we look for reasons to feel thankful, happy, and appreciative of being who we are, we often find them as well.

GRATEFUL



Sincerely,

Mrs. Levine, School Counselor

