



## Gratitude Circle Guide for Parents

### Objective:

To instill a sense of gratitude in children, helping them recognize, appreciate, see the value in, and embrace the roles of various people, places, and things in their lives.

### Materials Needed:

- A comfortable space to sit, preferably in a circle.
- Optional: A gratitude journal or notebook for each child to jot down their thoughts.

### Instructions:

#### 1. Setting the Scene:

- Find a quiet, comfortable space where your family can sit in a circle. This could be your living room, garden, or even a park.
- Create a calm atmosphere. You might want to play some soft background music, light some candles, or even dim the lights.
- Ensure every family member is present, from the youngest to the eldest.

#### 2. Introducing the Gratitude Circle Concept:

- Briefly explain the purpose of the gratitude circle: "Today, we're here to think about the people, places, and things we're thankful for."
- Introduce the acronym RAVE: Recognize, Appreciate, see the Value, and Embrace.

#### 3. Taking Turns:

- Start with an elder member to set the tone. It can be one of the parents or grandparents.
- Each person, when their turn comes, will share:
  - **A person** they are thankful for.
  - **A place** they cherish.
  - **A thing** they value.
- After mentioning each, they should also express **why** they are thankful using the RAVE concept.

#### 4. **Guidance for Younger Participants:**

- Encourage younger members to think of simple things. It doesn't have to be grand. For instance, being thankful for their teddy bear because it comforts them is perfectly valid.
- If a child is struggling, prompt them with questions: "Was there a toy you played with today that you really like?" or "Is there a place you felt happy today?"

#### 5. **Promoting Deep Thought:**

- For each aspect of gratitude shared (person, place, thing), ask "Why are you thankful for this?" to make sure each participant delves a bit deeper.
- Encourage members to be specific in their gratitude. Instead of just being thankful for a sunny day, perhaps they enjoyed how it felt on their skin or loved the sunset colors.

#### 6. **Concluding the Circle:**

- Once everyone has had a turn, join hands and take a moment of silence to reflect on the gratitude shared.
- Close the circle with a collective "Thank You" or any family mantra you might have.

#### **Tips:**

- Keeping a **family gratitude journal** can be a wonderful way to document these sessions. Over time, you can reflect back and see how perceptions of gratitude change and grow.
- If any member isn't feeling particularly grateful, that's okay. The idea is not to force gratitude but to encourage recognition of positive elements.
- Make it a **regular practice**, perhaps once a week, to ensure gratitude becomes a part of your family's routine and ethos.

Remember, the objective of the Gratitude Circle is to foster a positive mindset and recognize the blessings in everyday life. Enjoy this beautiful journey with your family!