NOV.

week 1

"A THANKFUL HEARTISNOTONLYTHE GREATEST VIRTUE,BUTTHEPARENT OF ALL OTHERVIRTUES."

– MARCUSCICERO

week 2

"BE THANKFUL FORWHATYOUHAVE; YOU'LL END UP HAVINGMORE.IFYOU CONCENTRATE ON WHATYOUDON'THAVE, YOU WILL NEVER, EVERHAVEENOUGH."

– OPRAHWINFREY

week 3

"LEARN TO BE THANKFULFORWHAT YOU ALREADY HAVE,WHILEYOU PURSUE ALL THATYOUWANT."

– JIMROHN

week 4

"IT IS ONLY WITHGRATITUDE THAT LIFE BECOMES RICH."

– DIETRICH BONHOEFFER

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This November, the month of Thanksgiving, we're discussing gratefulness and the importance of not just feeling gratitude, but actively expressing it. The younger children are, the more they may simply seek instant gratification. However, routinely expressing gratitude can help cultivate a mindset that finds longer-term fulfillment and happiness.

HOW CAN YOU HELP?

- Embrace an attitude of positivity. Talk about the things you're happy about in your life and encourage your children to do the same.
- Make writing thank-you notes for birthday gifts mandatory. To make this happen, keep a list of gifts received and use this template: "Dear (name), thank you for (the gift). I was so (happy, excited, etc.) to receive it! I like (three things about the gift), and I can't wait to (use/play with/wear etc.) it!"
- Encourage an attitude of generosity. Have them pick out old toys and clothes to donate, volunteer as a family, or get them involved in another charitable activity.
- Realize when to say "no." You cannot - and should not - give in to every request for candy, new toys, etc. Saying no makes the occasional "yes" more rewarding.

GRATEFULNESS

GRATEFULNESS MEANS TAKING TIME TO APPRECIATE THE GOOD THINGS IN OUR LIVES.

U.S. TAEKWONDO ACADEMY