

# Character Plus

## Parent Newsletter

## November **GRATITUDE**

Students will be able to demonstrate giving a genuine, verbal or written compliment, recognizing benefits we receive through teamwork, acknowledging others for helping in a big or small way and taking care of the materials and supplies provided for work or play.

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### A Note to the Parents!

Dear KCKPS Parents and Guardians,

It's hard to believe we are done with the first quarter and November is here.

November's character trait of the month is gratitude! Gratitude is all about being thankful and showing appreciation for and returning kindness. There are many things to be grateful for and many ways to show gratitude. What are some things you and your family are grateful for? How do you and your family show appreciation for and return acts of kindness?

As always, be sure to check out the book list, articles, videos and conversations starters to use at home with your child(ren).

Thank you for your support in continuing character building at home.



### Books & Articles to Read at Home

#### Children's Books about Gratitude

- ★ *All the World* by Liz Garton Scanlon
- ★ *Gracias/Thanks* by Pat Mora
- ★ *Bear Says Thanks* by Karma Wilson
- ★ *Did I Ever Tell You How Lucky You Are?* By Dr. Seuss
- ★ *Giving Thanks* by Jake Swamp
- ★ *Gratitude Soup* by Olivia Rosewood
- ★ *It Could Always Be Worse* by Margot Zemach
- ★ *The Secret of Saying Thanks* by Douglas Wood
- ★ *Splat Says Thank You* by Rob Scotton
- ★ *Thanks a Million* by Nikki Grimes
- ★ *The Thankful Book* by Todd Parr
- ★ *Those Shoes* by Maribeth Boelts
- ★ *Thankful* by Eileen Spinelli
- ★ *Thank you, Mr Panda* by Steve Antony

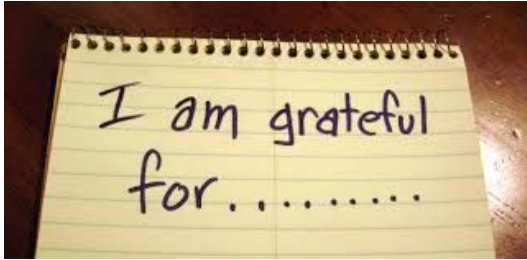
#### Chapter Books about Gratitude

- ★ *Out of My Mind* by Sharon Draper
- ★ *Brown Girl Dreaming* by Jacqueline Woodson
- ★ *Everyday Angel* by Victoria Schwab

#### Online Articles for Parents

- ★ [The 31 Benefits of Gratitude You Didn't Know About...](http://happierhuman.com/benefits-of-gratitude/)
- ★ [Teaching Children to Be Grateful](http://www.parents.com/toddlers-preschoolers/development/behavioral/teaching-children-to-be-grateful/)

## Conversations Starters at Home



1. What is your favorite part of your home? Why?
2. What abilities do you have that you are grateful for?
3. What is one of your favorite things to do? Why are you grateful for it?
4. What is something about your parents/siblings/teacher/friend you are grateful for?
5. The best thing that happened to me today was...
6. My favorite part of today was...
7. What book are you grateful for?
8. What sound are you grateful for?
9. What color are you grateful for?
10. What food are you grateful for?
- 11.

grat·i·tude: 

the quality of being thankful;  
readiness to show appreciation  
for and to return kindness.

## Videos to Watch at Home

### Intermediate Videos:

- ★ The Gratitude Experiment  
[https://www.youtube.com/watch?v=U5LZBjWLR\\_c](https://www.youtube.com/watch?v=U5LZBjWLR_c)
- ★ The Amazing Effects of Gratitude  
[https://www.youtube.com/watch?v=\\_sokh9e2WGC](https://www.youtube.com/watch?v=_sokh9e2WGC)



### Primary Videos:

- ★ Kid President's 25 Reasons to Be Thankful  
<https://www.youtube.com/watch?v=yA5Qpt1JE4>
- ★ Attitude of Gratitude: Children's Bedtime Meditation  
<https://www.youtube.com/watch?v=SKCcXsIDwMU>

