



# McKinley-Thatcher Elementary School

## Wellness Words

### Monthly School Psychologists Newsletter

November 2018

#### Happy November!

This month, we are practicing gratefulness. Below are some tips you can try at home from the Child Mind Institute.

#### Tips for Raising Grateful Kids

- **Set an example** – Show them what it means to be grateful by offering a genuine “thank you!” to a waitress or a helpful neighbor.
- **Point out generosity** – Call attention when people (including your kids!) do things that go beyond what’s expected — helping without being asked or taking extra time to do something because it’s important to someone else.
- **Share the love** – Encourage kids to think of people who help them, from coaches to neighbors to the local firemen, and say thanks with cookies or cupcakes.
- **Put things in perspective** – Talk to your kids about those who are less fortunate. Don’t scare them, but don’t keep them in the dark either. Understanding that not everyone has the same advantages will help them develop compassion for others.
- **Make gratitude part of bedtime** – When you tuck him in at night, ask your child to tell you three things he’s grateful for. Even if he’s had a bad day it will help him—and you—end each day on a positive note.
- **Give kids credit** – Be mindful that your child may have her own way of expressing gratitude, even if it doesn’t fit your expectations. For example, your child may be more comfortable giving a hug than a verbal thank you.

#### Empowering Minds – at HOME

This month in our school wide social emotional curriculum, your child has been learning about mindfulness. Here are some tips to practice mindfulness at home.

**ECE-2<sup>nd</sup> grade:** Our primary grades have been practicing mindful breathing (taking deep breaths) to calm our bodies down. Remind your child to take deep, mindful breaths at home.

**3<sup>rd</sup> – 5<sup>th</sup> grade:** This month, we learned about being an “upstander” and a great DPS resource, Safe2Tell. Ask your child what this great resource is, and what the difference is between tattling and telling.



#### Generosity can happen every day.

Often when we think of generosity it’s in terms of gift-giving or volunteering, but generosity can also be a spontaneous part of your day. Let children know that it is always good to look for little ways to make a positive difference in someone’s day, like pitching in to speed up a sibling’s chores, or being kind to someone after they’ve made a mistake.

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