



Gratitude Circle Guide for Parents

Objective:

To instill a practice of gratitude in children by sharing daily moments of appreciation, helping them recognize, value, and embrace the joys in their lives.

Materials Needed:

- A comfortable space to gather, could be the living room, patio, or even a park.
- Optionally, a soft toy or object to pass around as a "speaking stick."

Instructions:

1. Preparation:

- Choose a specific time each day, preferably when the family can gather together without distractions, like after dinner or before bedtime.
- Find a quiet and cozy spot in the house where everyone can sit comfortably in a circle.

2. Introduce the RAVE Concept:

- **Recognize:** Help children understand the joy of acknowledging the things they're grateful for daily.
- **Appreciate:** Talk about the feelings of happiness that arise when valuing these moments.
- **See the Value:** Discuss how even simple joys play a significant role in our daily lives.
- **Embrace:** Highlight the warm, positive feelings that expressing gratitude brings to oneself and to others.

3. Gratitude Sharing:

- Begin the circle by modeling: share a person, place, and thing you're grateful for and explain why.
- Pass on the "speaking stick" or toy to the next person. This ensures only one person speaks at a time.
- Encourage each child to share their person, place, and thing, focusing especially on the reasons behind their gratitude.

- Remind them it's okay to appreciate simple things like a sunny day or a favorite toy.
4. **End with Reflection:**
- After everyone has shared, open a brief discussion. Questions like, "How did it feel sharing your gratitude today?" or "Did anyone else feel thankful for the same thing?" can stimulate thoughtful conversations.

Tips:

- **Stay Patient:** Some children might find it hard to express their feelings initially. Be patient and offer gentle prompts or examples to guide them.
- **Variety:** To keep the practice fresh, consider changing the location of the circle occasionally or introducing themes, like "Nature Day" or "School Day."
- **Reinforce Positivity:** After the circle, highlight and praise the children's efforts in recognizing and sharing their gratitude.
- **Involve Everyone:** If you have guests or other family members, involve them occasionally. It will provide a fresh perspective and encourage children to listen and learn from others' experiences.

Holding a Gratitude Circle for 8-11 year-olds is a beautiful way to strengthen family bonds and cultivate a positive mindset. As children recognize and value the little joys in their lives, they grow to become more empathetic, content, and optimistic individuals.