

## THE FAMILY GUIDE TO GRATITUDE

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### *Dear Families,*

Today Life Education and Healthy Harold visited our centre and your child participated in an interactive learning experience called **Belonging and Connecting - Harold's Thankful Heart**. We had so much fun learning about gratitude, emotions, empathy, social skills, communication developing and fostering emotional intelligence.

Please take the time this week to discuss the important messages we learnt today further with your child, to reinforce their learning.

At home we encourage you to enjoy the following experience with your child.

### **Family Flags**

This experience relates to helping your child explore feelings, and to the idea of gratitude that Healthy Harold explored with the children.

The idea is for you to strengthen the family by using the bunting template attached and creating a string of thankful and appreciative messages towards each other. Family members can write on the bunting ways other family members have been kind, or caring. It's about happy memories or events that they have encountered or experienced during the week. String each flag together as each is written. Display family flags in a common area in your home visible to all (e.g., kitchen, family room, hallway). There is no prescribed amount, but every member should contribute at least one.

For example, after dinner one evening, take down the bunting and take the time to sit and share the grateful moments, thoughts and ideas that each member has added during the week. This is an opportunity to engage in some unhurried time together and also to spend time learning about feelings by talking about what those experiences meant, and how they left your family members feeling. For example, they may have felt grateful, or happy, or excited.

Attached is a template of a bunting flag for you to use by either tracing or drawing your own.

***"Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships."*** - Harvard Medical Journal 2011



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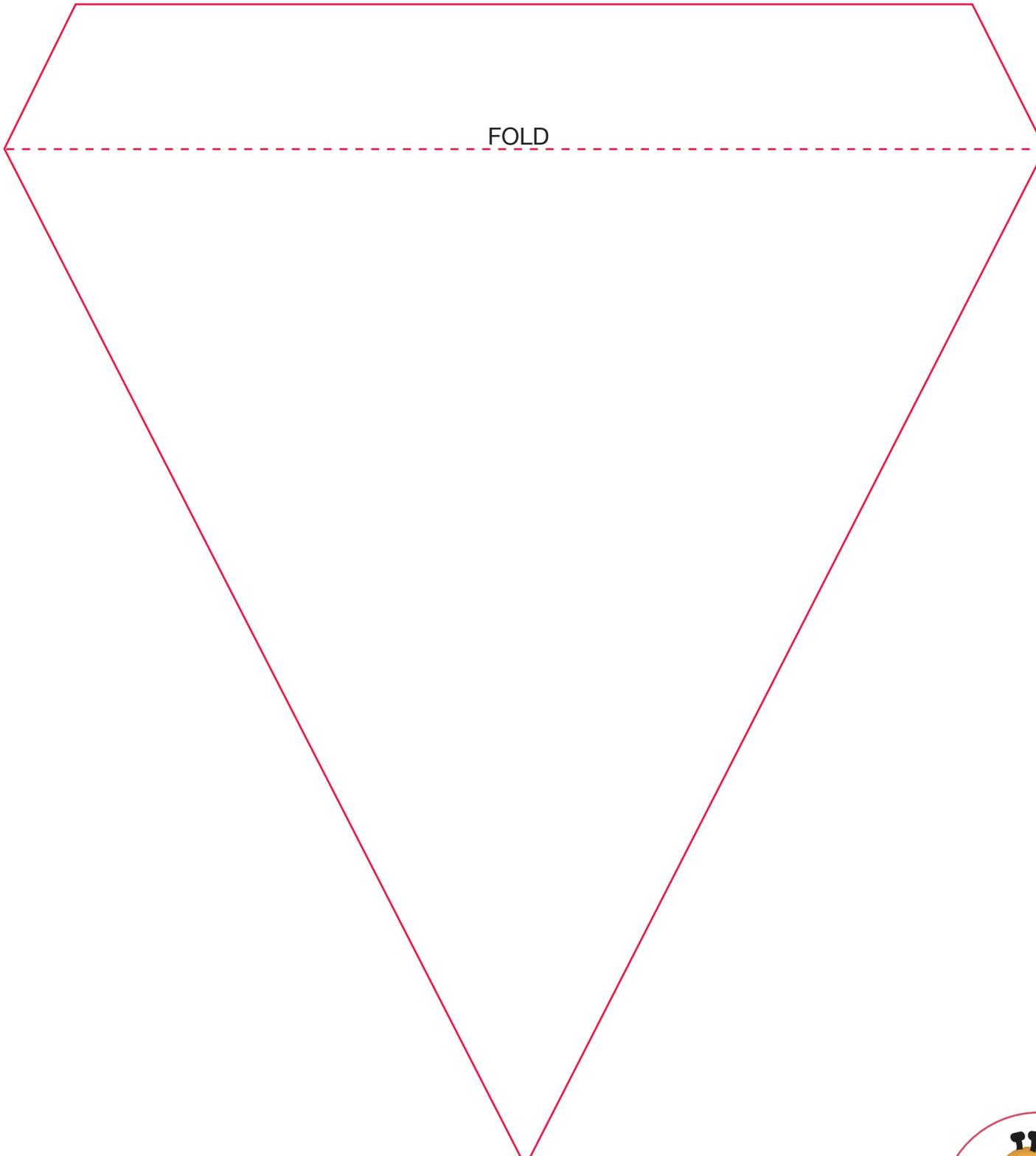


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## TEMPLATE FOR BUNTING

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FOLD

