

HOME CHALLENGES

Power of Positivity Gratitude Jar

Dear Parent/Guardian,

This month your child has been learning about supporting their mental health through a campaign called Power of Positivity. Now we are encouraging students to take the healthy learnings home.

The Power of Positivity home challenge encourages you and your family to reflect on the things in your life that you are grateful for, whether it be that your child enjoys soccer practice or that they are doing well in school. Gratitude is associated with greater happiness and it helps people feel more positive, appreciate good experiences, improve their health, deal with challenges, and build strong relationships.¹

Here is how you and your family can participate:

1. Print the gratitude jar picture below.
2. Once a day, take time together to talk about what you are grateful for.
3. Take turns writing down what you are grateful for in the gratitude jar picture until it is overflowing (with gratitude!).
4. Once it is full, have your child bring it to school so they can share with their peers all the reasons your family has the power of positivity!

¹<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

GRATITUDE JAR

