

Mindfulness Weekly – Let Gratitude Continue...



Greetings! We hope that you had a wonderful Thanksgiving break and had opportunities to practice *mindful gratitude*. This week, we will continue on the mindful gratitude journey and invite you to check out this thoughtful article: <https://www.verywellmind.com/how-to-teach-children-gratitude-4782154>. In this article, Ms. Amy Morin, LCSW, cited evidence of gratitude research on children and teens. She also explained ways to cultivate gratitude in everyday life. While she suggested how to create a family gratitude project, you can easily modify it to a gratitude project in your classroom or counseling sessions. The handout from the Raising Grateful Children Project at UNC Chapel Hill is also included here: <https://hussong.web.unc.edu/wp-content/uploads/sites/2463/2020/03/RGC-Program-Handout.pdf>.