



Home Connection

Gratitude

Dear _____,

I'm excited to share that your student has been learning about the importance of showing gratitude in class. Harvard research has shown that expressing gratitude makes people happier, healthier, and more resilient. It can also improve relationships for both the person giving and receiving gratitude.

We discussed how gratitude is a daily practice that can be integrated into our lives, such as saying "thank you," writing a note, drawing a picture, or helping someone with a task. The key is to be sincere and express gratitude promptly.

Please discuss this question with your student: Can you share recent examples of how you have shown gratitude? How did it make you and the other person feel? This will help reinforce the lesson and encourage your student to continue practicing gratitude daily.

Please do not hesitate to reach out with any questions or concerns.

Best,
