



**High School**

## Home Connection

### Gratitude

Dear \_\_\_\_\_,

I wanted to share with you what your student has been learning about the power of gratitude. Researchers at Harvard have found that people who show gratitude are not only happier but also healthier. Expressing gratitude can improve relationships and build resilience, benefiting both the giver and the receiver. Our lesson focused on integrating gratitude into daily life rather than reserving it for special occasions.

We discussed what gratitude means and how we can show appreciation for both big and small things, whether tangible, like a gift, or intangible, like friendship. Students shared recent examples of how they've demonstrated gratitude, emphasizing the importance of sincerity and immediacy in expressing thanks. We explored various ways to show gratitude, from saying "thank you" to writing notes or doing something nice for others.

To continue this conversation at home, please ask your student: "What are three things you feel thankful for, and how can you show your appreciation for them?" This can be a great opportunity to discuss the importance of gratitude and brainstorm ways to integrate it into daily life.

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

Best,

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