

Gratefulness

"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy" — Brother David Steindl-Rast

Dear Parents and Guardians,

This month, as we celebrate Thanksgiving in the United States, we will be discussing gratefulness in our classes. Gratefulness is a virtue we should all practice. As a parent or guardian, we need to teach our children to be thankful for what they have.

We can teach our children to be grateful for their family, friends, teachers, and nature. Helping our children experience gratefulness will build their character and ethics as they grow into adulthood.

Help your children be grateful by teaching them:

About money and how much money it takes to buy things they want.

To appreciate their home, family, and the food they eat.

To take care of their pets and how grateful their pets are for good care.

To appreciate their school and teachers and their ability to learn everything they can.

How you helped them get involved in martial arts and other activities.

To write thank you notes when they receive a gift.

"Gratitude is a duty which ought to be paid, but which none have a right to expect." Rousseau

Help your children understand that doing a good deed for another does not mean they should expect something back.

Being grateful is something for which we should all strive; giving gratitude makes us feel good. Every day, discuss different things you are grateful for.

This month our weekly lessons will cover:

Week One:

"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy."

— Brother David Steindl-Rast

Week Two:

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

— William Arthur Ward

Week Three:

"He who receives a good turn should never forget it; he who does one should never remember it."

— Charron

Week Four:

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

— Epictetus

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