



PRACTICES FOR YOU

Kind intention:

Start the day with an act of kindness.

Write a letter of gratitude (or email):

Take a few minutes to think about something that you could thank someone for. Be mindful of how that feels.

Gratitude journal:

Write 3 things that you are grateful for in a gratitude journal either daily or a few times a week, whatever feels right for you.

Difficult times:

Identify things that you can still be grateful for despite difficulties.

Oops - Repair:

If you have moments of unkind reactions, reflect to understand and get back on track by making a repair.



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OUR LANGUAGE CREATES OUR WORLDS

The language we use helps to reinforce our understanding and our thinking. It guides the expectations around our behaviours. The more we use gratitude and kindness in our language, the more it becomes who we are and what we do.

Try using phrases like these to develop the learning:

“Thank you. I really appreciate what you said/did.”

“I wonder how many different ways we can show kindness today?”

“They look a bit sad, I wonder if there’s anything I can do to cheer them up?”

“I’m disappointed that we can’t go but I’m grateful that we can still spend time together.”

MINDFUL MOMENTS OF REFLECTION

Gratitude Shower: Sit quietly and think of all the things that you are grateful for. Let them wash all over you.

Journal jotting: Write down 3 happy memories, one from childhood, one involving your children and one recent event. Include sensory memories in your writing, what did you see, hear, smell, taste, etc? What top 5 things can you do to shift your mood? When are the times during the week that you most need to employ these strategies?

PRACTICES WITH YOUR CHILD

Be a role model of gratitude and kindness:

Demonstrate how to be kind and grateful. Children are always watching and learning from us.

Every day kindness brainstorm:

Think of all the ways that you and your child could be kind. Write them down and each day choose one to do.

Kindness to the planet:

Discuss with your child what you can do as a family to be kind to the planet, e.g. be mindful of your use of plastics.

Smile and thank you:

Help your child understand the importance of smiling and saying thank you.

Difficult times:

Help your child to identify things that they can still be grateful for despite difficulties.

Gratitude discussion:

Discuss at a family mealtime what you are all grateful for. Take it in turns to say 3 things.

Write a thank you letter:

Encourage your child to write a letter of thanks to someone who helps them, teaches them or is kind to them.



FIND OUT MORE

For you

‘Thanks! : How the New Science of Gratitude Can Make You Happier’ by Robert Emmons

‘Kindness is Contagious’ video

<https://youtu.be/GPDtpYE4XP8>

For younger children

‘Gratitude Soup’ by Olivia Rosewood

‘The Giving Tree’ by Shel Silverstein

For older children

‘A Great Big Heart’ by Wylinda Williams

‘Kensuke’s Kingdom’ by Michael Morpurgo

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