



Year 6's Spring 1 Value

Gratitude



Gratitude means noticing and appreciating the good things we have, and the people who help us. It's about saying thank you and truly meaning it—whether that's for something big, like support from family, or something small, like a kind word or a sunny day.

Gratitude doesn't mean ignoring problems or always being happy. Instead, it teaches children to pause and reflect on what is going well, even when things are challenging. Gratitude can help children recognise the efforts others make for them, develop kindness and empathy and feel more positive and resilient.

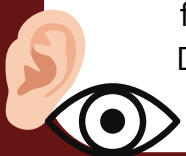


Questions/talking points for home.

- Did someone do something kind for you today? What was it?
- What's one nice thing someone has done for you today?
- What's one thing you love doing as a family?
- Who did you thank today, and who thanked you?
- What's your favorite part about our home?
- What's something in nature that inspires you?
- What's a yummy food you're grateful for?
- How does it feel when you do something nice for someone else?
- What's a small moment today that felt big and good?
- How can you show someone you're thankful?
- How can you show gratitude without using words?
- If you were to make a 'gratitude jar' what kinds of things would you put in it?
- What is something you were once unhappy about that you are now grateful for ?



This month is the Big Garden Birdwatch. What birds can you find when out and about? Download the app and see what birds you can find!



Don't forget to email us your gratitude conversations or discoveries for 5 merits!

