

Counselor's Corner

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Attitude of Gratitude

This week in FLEX we'll be talking about the importance of being thankful and showing gratitude. We'll learn that gratitude makes you happier, healthier, friendlier, and less self-centered. It also helps you to relax, sleep better, reduce feelings of envy, and enjoy increased energy levels. During the holidays it's very easy for youngsters to be swept into the rush of activities and caught up with checking off their own wish lists. Let's model thankfulness for them, helping them to stay mindful of all we have to be thankful for and try to shift the focus to giving and blessing others.