

November



# In all things, Give Thanks

## Counselor Contact



Mrs. Morris, M. Ed.  
 PK-Bilingual, 1,3,5  
 972.600.3600  
 Evalcarcel@irvingisd.net



Ms. Zepeda, M. Ed.  
 PK-Monolingual, K,2,4  
 972.600.3600  
 Mzepeda@irvingisd.net

The Attitude of Gratitude mindset teaches us the importance of seeking the positives from every experience and being thankful for all that we have. This month we will teach our students the gratitude mindset. Through this mindset, we learn that we can use the positives or the negatives of our lives as the foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we embark on a path toward disappointment, resentment, and suffering. Here are three simple ways to practice gratitude at home.

- 1. Do say “thank you” regularly.** Showing your gratitude to neighbors and teachers with a kind note or word is one small way to show your appreciation for them. Teaching your children to do the same is important in helping them to feel gratitude for the lives and friends that they have.
- 2. Do write a thank you note to your children for what you appreciate about them.** For example, you might write and leave a note that says, “Thank you so much for picking up your room today without me even asking. You are an incredible kid and I am so thankful to have you in my life!”
- 3. Do treasure yourself and take care of yourself as a role model for your child.** Many parents treasure their children but not themselves. Think about how you are living your life. Are you maximizing your potential? Enjoying how you spend your time? If parents are not able to live extraordinary lives and let themselves shine for all to enjoy, what kind of lives are we modeling for our children?

## Announcements

Student Holiday  
 Tuesday, November 5

All Pro Dad  
 Wednesday, November 6

Fall Break - No school  
 Monday, November 25th -  
 Friday, November 29th



## Books about Gratitude

