



November Newsletter

Mrs. M Counseling

THIS MONTH

This month we will return back to our regular second step lessons. We will also be focusing on Gratitude. Gratitude doesn't just feel good. Making a habit of gratitude can also be good for us. Positive emotions are good for our bodies, minds, and brains. They boost our ability to learn and make good decisions. Gratitude can lead to positive actions. When we feel grateful for someone's kindness toward us, we may be more likely to do a kindness in return. Your gratitude can also have a positive effect on someone else's actions. Thanking people can make it more likely they'll do a kindness again.

T H A N K F U L

RESOURCES



Virtual Room



Counseling Corner

Let's Connect!

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THEME OF THE MONTH: GRATITUDE

- BEING GRATEFUL FOR BIG AND LITTLE THINGS
- HELLO GRATITUDE: BEING GRATEFUL FOR THE GOOD THINGS IN LIFE

GRATEFUL- MINDSET OF APPRECIATION FOR
WHAT I HAVE

THANKFUL- THE ACT OF EXPRESSING THANKS
AFTER YOU HAVE RECEIVED SOMETHING

5 LIFE BENEFITS OF HAVING AN
ATTITUDE OF GRATITUDE:

1. MAKES US HAPPIER
2. IMPROVES SLEEP
3. ABLE TO DEAL WITH PROBLEMS BETTER
4. LOWERS STRESS
5. EASIER TO FORGIVE OTHERS

THANKFUL
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THANKFUL

