

SEL LESSON #3

WEEK OF MAY 18-22

GRATITUDE

OFTEN WHEN WE THINK ABOUT GRATITUDE, WE THINK OF THE BENEFIT IT HAS ON THE PERSON RECEIVING THE THANKS. INTERESTINGLY ENOUGH, SHOWING APPRECIATION HAS A LOT OF POSITIVE EFFECTS NOT ONLY ON THE PERSON RECEIVING IT, BUT ALSO THE PERSON GIVING IT. OUR BRAINS RELEASE A D.O.S.E OF FEEL-GOOD CHEMICALS (DOPAMINE, OXYTOCIN, SEROTONIN & ENDORPHINS), WHICH ACT AS PROTECTIVE FACTORS FOR OUR MENTAL AND PHYSICAL HEALTH.

PARENTS

FACILITATE A CONVERSATION WITH YOUR CHILDREN ABOUT A TIME YOU SHOWED GRATITUDE TO SOMEONE ELSE. EXPLAIN HOW IT FELT EMOTIONALLY.

STUDENTS

PICK ONE OF YOUR "KEY ADULTS" AND GIVE THEM A PHONE CALL AND THANK THEM FOR BEING IN YOUR LIFE. BONUS: TELL THEM SOME THINGS THAT YOU ADMIRE ABOUT THEM.

WATCH THIS VIDEO

THE SCIENCE OF GRATITUDE

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=JMD1CCGZYWU](https://www.youtube.com/watch?v=JMD1CCGZYWU)

