

KIDS GRATITUDE - הכרת הטוב - HAKARAT HATOV FOR (VIRTUAL) THANKSGIVING



Gratitude, the middah, or Jewish value, of hakarat hatov, is the feeling of thankfulness or appreciation. It's easy to feel gratitude when experiencing a simcha (happy occasion). But it's no less important during our most challenging moments.

Thanksgiving this year is sure to be one of those times. Many of us traditionally gather to celebrate Thanksgiving with our loved ones. This year, many of us will be celebrating apart. But despite the physical distance, we can still connect to our loved ones and find moments of thanks, gratitude and joy.

In the Jewish tradition, we say:

"Who is rich? Those who rejoice in what they have?" (Pirkei Avot 4:1).

This Thanksgiving, we can focus on what we do have instead of what we don't and enrich ourselves and our mental well-being.

Gratitude can play a large role in healing, both physically and mentally. It is a form of self-care that helps us build resilience and strengthen our mental health. For those living with depression or other mental illnesses, gratitude can be even more important — especially right now, when many of us remain isolated from others.





GRATITUDE QUESTIONS TO ASK AROUND THE (VIRTUAL) THANKSGIVING TABLE

What am I lucky to have at my in person or virtual Thanksgiving table?

Who will be joining me, in person or virtually for Thanksgiving?

What have I done to help a friend or family member this year?

What is one thing I can do to bring joy to somebody's Thanksgiving holiday this year?

What is one great thing about me that I am grateful for?

What is one thing I have learned about myself this year?

What's one thing that happened this week that made me smile?

What am I hopeful for?

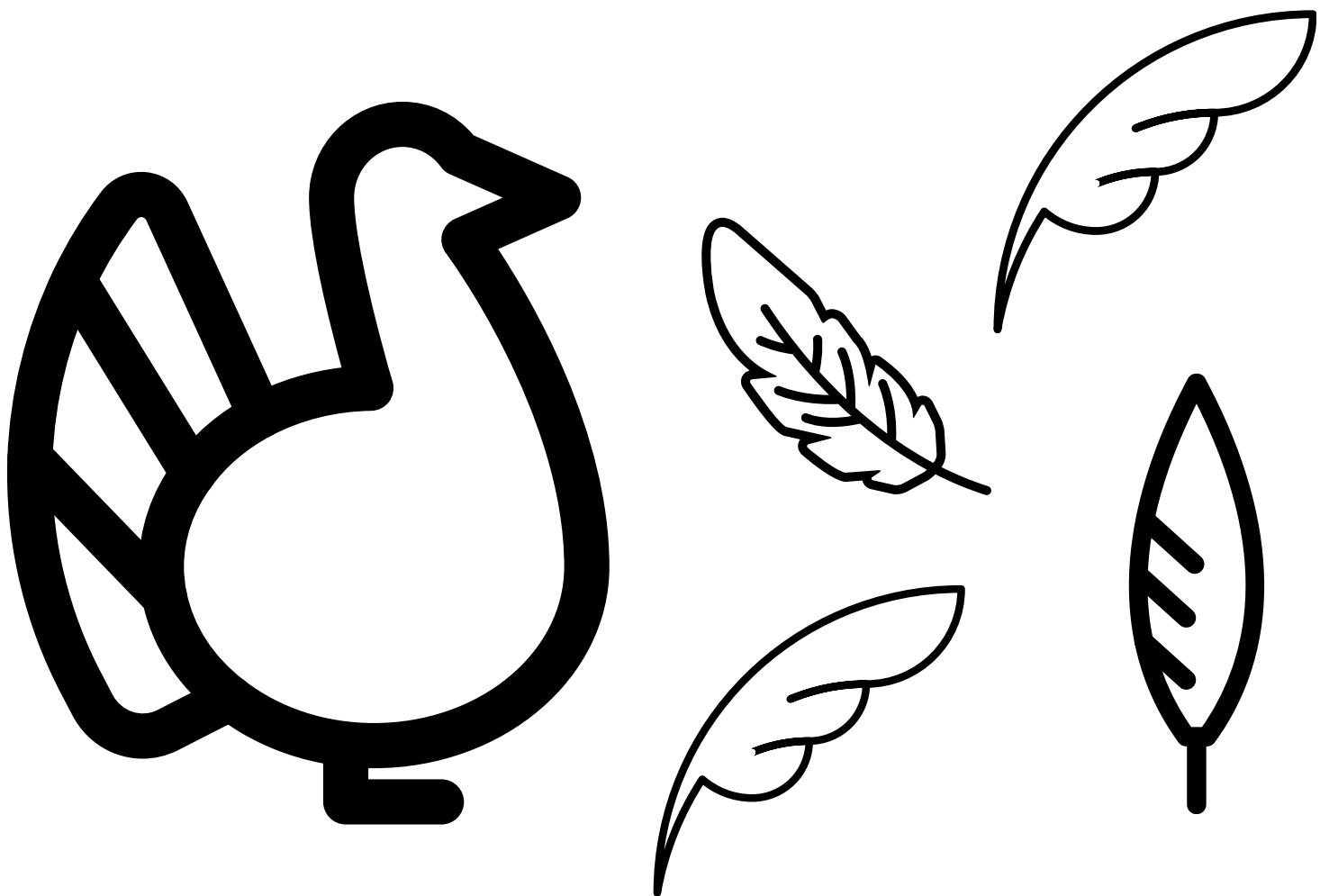
THANKSGIVING ACTIVITY TO START PRACTICING GRATITUDE:

Create a Gratitude Turkey

- Draw or print the turkey body on a separate piece of paper and decorate it.
- Draw or print out and cut the feathers.
- Sit for a moment and think about what you are grateful for. You can use the questions above to help guide you.
- On each feather think of one thing you're grateful for and write it down. Challenge yourself to get as many feathers on your turkey as you can!
- In the body of the turkey, write one kavanah, or intention, you have for the upcoming year.

Send a Gratitude e-card

- Think about a person who has done something recently to help you or something that made you smile. One of the ways we can infuse gratitude into the world is to remind people their actions have had a positive impact on us.
- Send a virtual card through the Blue Dove Foundation at thebluedovefoundation.org/gratitudecard.





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