

An aerial photograph of a waterfall. The water is cascading over a dark, rocky ledge. Above the waterfall, the surface is covered in a dense, colorful layer of what appears to be coral or a similar marine life, with shades of light blue, teal, and brown. The overall scene is vibrant and detailed.

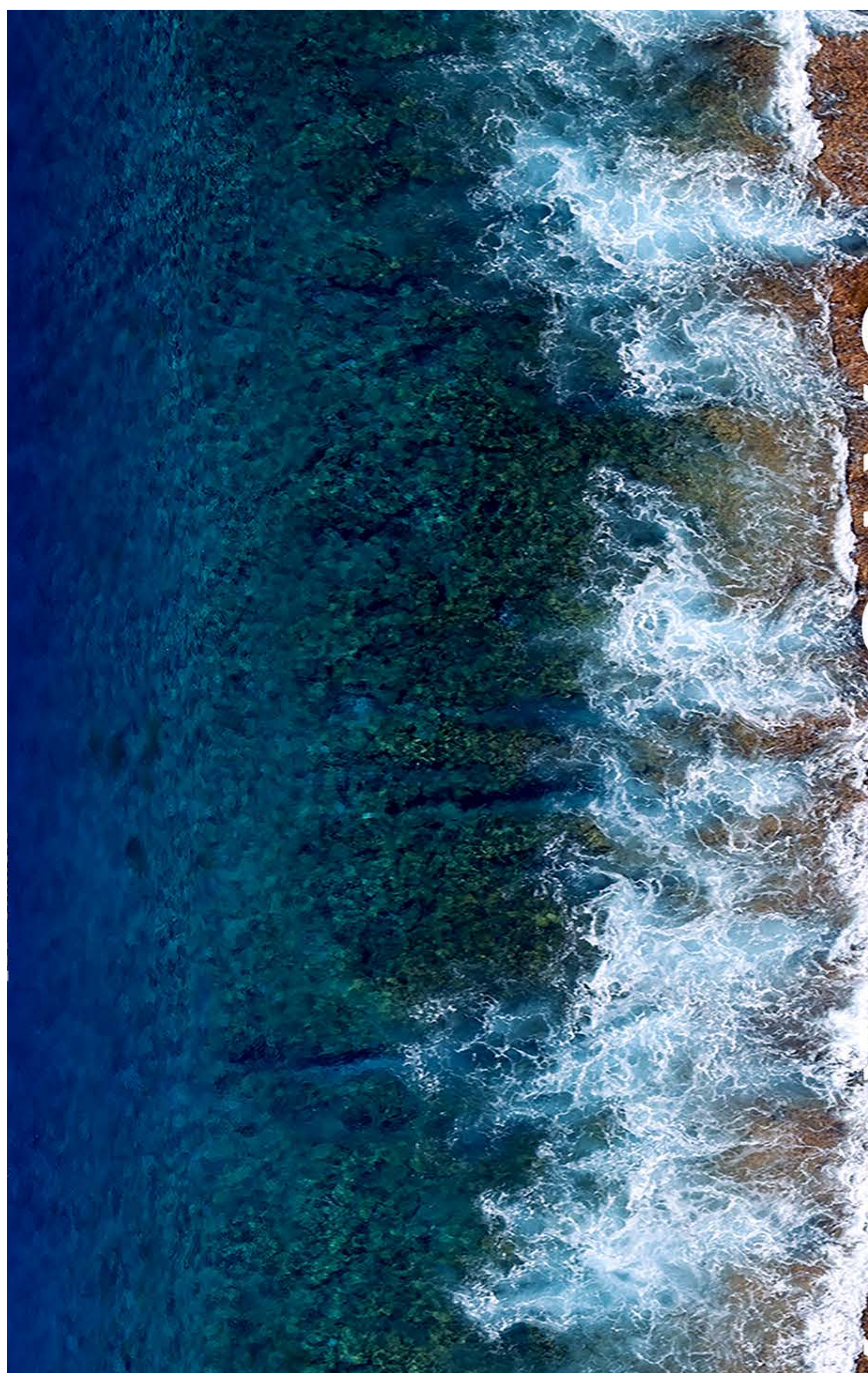
FROM THE DIRECTOR
OF FANTASTIC FUNGI

GRATITUDE
REVEALED

CATCH THE WAVE

PARENT HANDBOOK

TABLE OF CONTENTS



INTRODUCTION	03
<hr/>	
Why Gratitude Matters: The Science	05
Teaching Gratitude to Children	07
For Parents: Replenishing Your Well	10
WATCH THE FILM AS A FAMILY	11
<hr/>	
CREATE A FAMILY CULTURE OF GRATITUDE	14
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THE GRATITUDE GAME	16
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“I LOVE MAKING TEA WITH LEMON. ME, MY MOM AND DAD USED TO DO IT EVERY EVENING FOR THEIR DESSERT. THEY WERE BOTH HOLOCAUST SURVIVORS... GROWING UP IN THEIR HOME, I LEARNED A LOT ABOUT GRATITUDE. THEY APPRECIATED ALL THE LITTLE THINGS IN LIFE, THE BLESSINGS THAT CAME THEIR WAY, MOST OF ALL, THE MIRACLE OF BEING ABLE TO HAVE CHILDREN.”

- LOUIE SCHWARTZBERG

Louie Schwartzberg



The film [Gratitude Revealed](#) offers parents, kids, and families of all shapes and forms the opportunity to think broadly and creatively about how to make gratitude an integral part of family life. This Parent Handbook extends the themes of [Gratitude Revealed](#) into the home in order to contribute to a fulfilling and loving family culture. As sociologist Christine Carter says in the film, “Gratitude is a skill that we can practice in order to not just cope with life's difficulties, but to really embrace those difficulties, and then let the positive emotions emerge from within.” This parent handbook provides discussion prompts, exercises and a game that can help build the habit and skills of gratitude into family life.

This resource can be used in conjunction with the [Gratitude Revealed Discussion Guide](#), which includes background information and research about gratitude for adult and community audiences.



WHY GRATITUDE MATTERS: THE SCIENCE

“I SEE GRATITUDE AS A ROUTE TO A HAPPY LIFE.”
CHRISTINE CARTER, PH.D.

In [Gratitude Revealed](#), we learn that gratitude is much more than a polite “thank you.” Gratitude is a skill and approach to life that makes us aware of all that we can appreciate, not just for acts of service and kindness from others, but for the presence of loved ones, for our own talents and skills, for the bodies we inhabit, and for our own existence and the existence of Earth itself.

This broader idea of gratitude is a way of interacting with the world that science shows brings real benefit to our physical and mental health, and our overall sense of well being.

In his essay, [“Why Gratitude is Good,”](#) researcher Robert Emmons writes that there are two aspects of gratitude:

First, it’s an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we’ve received. ... (In) the second part of gratitude, we recognize that the sources of this goodness are outside of ourselves. ... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.”

Bringing gratitude into the family home sets young people on a path that research shows will enhance their lives in many ways. The following benefits are described in the Greater Good Science Center’s [“The Science of Gratitude”](#):

WHY GRATITUDE MATTERS: THE SCIENCE

GRATITUDE IMPROVES MENTAL HEALTH

Many studies show that the practice of gratitude, such as keeping a gratitude journal to record things an individual is grateful for, makes people happier, more satisfied with their lives, and more able to resist anxiety, and depression. These effects seem to persist and have long-term impact on the brain and brain health.

GRATITUDE IMPROVES PHYSICAL HEALTH

People who experience gratitude tend to have better health and adopt healthier habits. Gratitude also helps heal, in several studies patients who report feeling gratitude healed faster after cardiac arrest.

GRATITUDE CONNECTS PEOPLE TO ONE ANOTHER

Gratitude inspires generosity and kindness, and strengthens interpersonal relationships, enabling individuals to feel connected to others and build communities. Studies have shown this effect within school, religious, and work communities.



TEACHING GRATITUDE TO CHILDREN

The research is clear that gratitude is beneficial to everyone, including young people, in multiple ways that will yield benefits throughout their lives. And yet, gratitude is a skill and a practice that children need to develop over time.^[1]

The Greater Good Science Center offers these seven strategies to develop gratitude in kids:



MODEL AND TEACH GRATITUDE

As adults, we can model words and acts of gratitude and reciprocity in order to show kids what that looks like.



SPEND TIME WITH YOUR KIDS AND BE MINDFUL WHEN WITH THEM

Taking quality time with kids, without distractions like phones and screens, allows you to fully focus on them which nurtures connection and empathy between you, which is an important element of appreciation and gratitude for one another.



[1] https://greatergood.berkeley.edu/article/item/how_to_help_gratitude_grow_in_your_kids

TEACHING GRATITUDE TO CHILDREN



SUPPORT YOUR CHILD'S AUTONOMY

Encouraging kids to develop their own skills and talents, and practice taking responsibilities, will enable them to appreciate what it takes to excel. Doing so will allow them to appreciate their gifts and the support they ask for as they develop them.



HELP FOCUS AND SUPPORT KIDS TO ACHIEVE INTRINSIC GOALS

Our culture can often focus on the acquisition of things and material items, extrinsic goals that may feel like status or importance. But intrinsic goals, like contributions to a team or community provide lasting connections and opportunity for growth, happiness, and gratitude.



USE KIDS' STRENGTHS TO FUEL GRATITUDE

As kids' strengths emerge, helping them to build on and develop their strengths to open up more opportunities for others to contribute to their growth and development. Those interactions require cooperation and help, and many moments to promote gratitude and kindness.



ENCOURAGE HELPING OTHERS AND NURTURING RELATIONSHIPS

Teach the pleasure of helping other through your actions and as opportunities arise to help your kids' friends. Tend to the relationships in your life for caring for others when they are sick, or cheering up a person facing challenges.

TEACHING GRATITUDE TO CHILDREN



HELP KIDS FIND WHAT MATTERS TO THEM

Creating a sense of purpose provides kids with a compass for finding their values and passions and seeking out opportunities to act. Doing so connects kids to a world that is bigger than themselves and contributing to society, enabling gratitude for what they have and for themselves and others willing to get involved in making the world a better place.



These and other tips for adults seeking to foster gratitude in kids are further discussed in a [series of parenting videos](#) featuring the Greater Good Science Center's Christine Carter.

FOR PARENTS: REPLENISHING YOUR WELL

It is often easy for parents and other trusted adults to focus on ways to support and love children in their lives without paying attention to their own needs. Not only can parents take better care of kids when their own needs are being met, but they also then model for their kids how to do the same. Building a family culture of gratitude requires caring adults with the emotional and physical resources to create that culture. Taking care of yourself doesn't have to be time consuming and expensive, little changes can make a big difference and go a long way.

Create a list of small actions you can take to help nourish your well-being and pull it out when you start to feel overwhelmed, or are having a hard time accessing gratitude yourself. Here are a few suggestions to get started:



TAKE FIVE DEEP BREATHS



GO FOR A WALK



FOCUS ON ONE GOOD THING THAT HAPPENED TODAY



ALLOW YOURSELF TO LAUGH AT YOUR OWN MISTAKES



CONNECT WITH A FRIEND



WATCH THE FILM AS A FAMILY

The experience of watching Gratitude Revealed together is a great start to spark ideas and dialogue about gratitude. The simple benefits of setting aside time to spend together creates a shared visual and emotional experience and an ongoing point of reference to connect. Here are some ideas for making a family viewing of the film special:

MAKE AN INTENTIONAL INVITATION

Make a paper or email invitation to Gratitude Revealed. Set up a special time to create a different experience for everyone. Let your family know that watching the film is going to be a special event together and one you hope will launch discussion and practices that will stick with the family for a long time.

BRING A BIT OF YOURSELVES

If you are physically able to watch the film together, ask family members to bring a favorite movie-watching item or food along with them. For a young child, it might be a stuffed toy or blanket, or for older kids and adults it might be a favorite snack or a fidget toy for people with busy bodies. Before watching the film, take a moment for everyone to share what they brought, and express gratitude both for their sharing, and for these small pleasures.

WATCH THE FILM AS A FAMILY


USE THE FILM CREATIVELY

Gratitude Revealed is filled with images and ideas that family members may want to watch again and/or stop to discuss. Keep in mind that a home viewing means you can pause the film to talk about something new or interesting, look up a person or a place that caught someone's attention, or just to stop for a dance break if someone gets tired or restless.


KNOW YOUR FAMILY

In particular for a family with younger children, it may be difficult to sit through the full film. Consider watching parts of the film over a few days, or even just using clips of the film that feel particularly relevant or important. Here are some suggested clips for kids:

ON IMAGINATION/EXPLORATION

-  2:29 - 7:31 "I grew up during the war years in Austria..." to child "it could lead you to a beach or something, it could be beautiful."

ON GENEROSITY

-  26:05- 29:43 "I've been to church..." to "We live on a limited planet that is known for unlimited growth. It's just crazy. What we haven't learned that yet"

ON FAMILY AND FOCUS

-  31:36-37:30 "My name is Mosie Burks..." to "Focusing on what you do have leaves little room in your heart for dwelling on what you don't have."

WATCH THE FILM **AS A FAMILY**

TALK ABOUT GRATITUDE

Here are some suggested questions to get the conversation started:

- ① What does “gratitude” mean to you?
- ② What are you grateful for?
- ③ What are ways that you show gratitude?

Here are some suggested questions to discuss after you watch the film:

- ① Describe something you saw or heard in the film that was new or exciting to you.
- ② Was there anything in it that made you think about your life in a new way?
- ③ What was one idea that you want to bring into your life right away?
- ④ What questions about gratitude still remain?



CREATE A FAMILY CULTURE OF GRATITUDE



The following sections include activities that you can do together as a family to incorporate gratitude into your daily lives and family traditions.

DEVELOP FAMILY GRATITUDE PRACTICES

The busyness of family life can make it challenging to remember to have gratitude for one another and for your family's gifts. The following are suggestions for creating a family culture of gratitude to integrate into your daily lives:

ARTISTIC EXPRESSIONS OF GRATITUDE

Take some time for each member of the family to create an artistic expression that represents your family's gifts. The art may be anything from a drawing of your house, to a word cloud or poem, or a collage of pictures of family and friends.

Hang the gratitude art up where everyone can see it to help keep those gifts in the forefront of your minds.

LANGUAGE OF GRATITUDE

Talk about the words and expressions that you use to express gratitude to one another and to other people. Make it fun by making up your own expressions, drawing words from other languages, or including gestures with the words.

CREATE A FAMILY CULTURE OF GRATITUDE

MAKE A GRATITUDE WALL

Designate a space on a wall or put up a bulletin or white board where family members can acknowledge things they are grateful for on a regular basis. Use sticky notes or dry-erase markers, or for smaller kids stickers to create a family collection. This ongoing collection can be something to talk about at meals, while your traveling in the car, bus, or subway together, or even over family text chains.

HABITS OF GRATITUDE

Talk about the moments you can anticipate that will come up that elicit gratitude, like receiving gifts for holidays or birthdays or appreciating the help of teachers or coaches, and brainstorm ways your family can thank them. It might be hand-drawn thank you notes written within 24 hours or a favorite gift like a special family recipe of cookies or other treat.

GRATITUDE JAR

One tradition that can be integrated into these family celebrations is a tradition of writing down on small slips of paper (anonymous or with name) one thing you are grateful for from this past year and placing it in a large container, passing the jar around, and different people reading from the slips of paper and trying to guess who said it. For small children it can be a picture, or an adult can help them write. One variation is to date the slips of paper and over the years, re-reading the notes after the initial ritual.



THE GRATITUDE GAME

In The Gratitude Game, each player gets a Gratitude card, where Gratitude is the free space in the middle and spaces similar to a BINGO card surround the center. The game ends when the first person completes a row or column on their Gratitude Card. This is no winner in The Gratitude Game, instead it's a fun way to get your family's gratitude thinking wheels turning.

Step One:

Decide what your family's favorite expression of gratitude is, for example "Thank you" or "Chocolate" or "Love You." That is the phrase the first person who completes their gratitude bingo will yell out.

Step Two:

Print out one Gratitude Card for each player.

Step Three:

Print and cut out the Gratitude Cards and Activity Cards, and place them in two stacks.

Step Four:

The person whose turn it is chooses one of each of the Gratitude and Activity cards, and then completes the Activity based on the Quality they have chosen. When they have completed the activity, they place a marker on the corresponding quality on the card.

****There are several "GR Cards" (Gratitude Revealed) Cards that allows the person to choose which quality they want to talk about.**

The game ends when one person completes a row or column on their bingo card and shouts out the family's favorite gratitude expression.

THE GRATITUDE GAME

GRATITUDE BINGO		
CREATIVITY	COURAGE	CURIOSITY
GENEROSITY	NAME YOUR OWN	HUMOR
LOVE AND RELATIONSHIPS	GRATITUDE FREE SPACE	MINDFULNESS
PURPOSE	SPIRITUALITY	HAPPINESS

Gratitude Cards:

Creativity, Courage, Curiosity, Generosity, Happiness, Humor, Imagination, Love and Relationships, Mindfulness, Purpose, Spirituality.

Activity Cards:

- Tell a story about the time you demonstrated this quality.
- Name someone you look up to that demonstrates this quality and say why.
- Talk about how this quality is related to gratitude.
- Make up a fairy tale that offers an example of this quality.
- Brainstorm five words related to the quality that describes how a person looks or feels when they are doing or feeling the quality.
- Stand up and act out the quality.
- Draw a picture of what the quality looks like.
- What color expresses that quality and why.

CONTINUE...

THE GRATITUDE GAME

- Where do you see this quality expressed in this family?
- How can you learn more about this quality?
- Talk about a time when this quality has been challenging for you.
- Think of a time when you experienced or felt this quality personally.
- What is a question you have about this quality?

Gratitude Revealed Card

- GR Card: Choose the quality most important to you and say why.
- GR Card: Choose what quality matters for you most in your life right now and why.
- GR Card: Choose the quality you think is missing from your life or community and how you might introduce it.
- GR Card: Sing a song about one of the qualities.
- GR Card: I'm going to choose around the circle and tell me when you've seen this quality in me.
- GR Card: What quality comes most naturally to you?
- GR Card: What quality is most difficult for you?



An aerial photograph of a waterfall cascading over a rocky ledge. The water is a vibrant blue, and the surrounding landscape is a mix of brown and teal, creating a marbled effect. The text is overlaid on the image.

THANK YOU!

GRATITUDE
R E V E A L E D

For more information: www.gratituderevealed.com