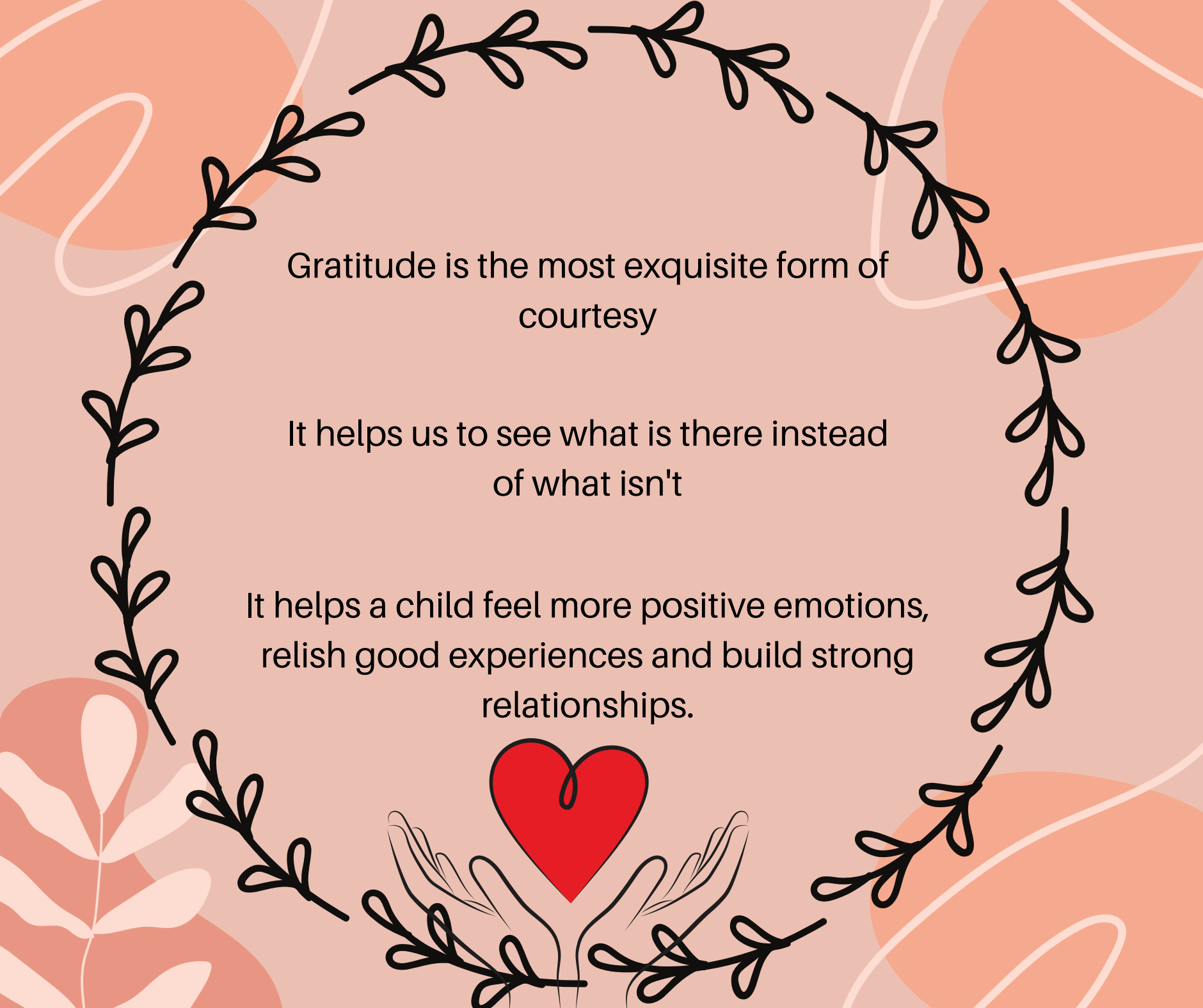


GRATITUDE

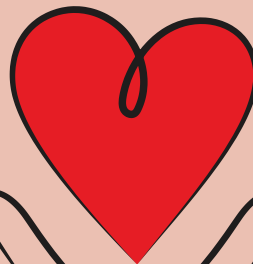




Gratitude is the most exquisite form of
courtesy

It helps us to see what is there instead
of what isn't

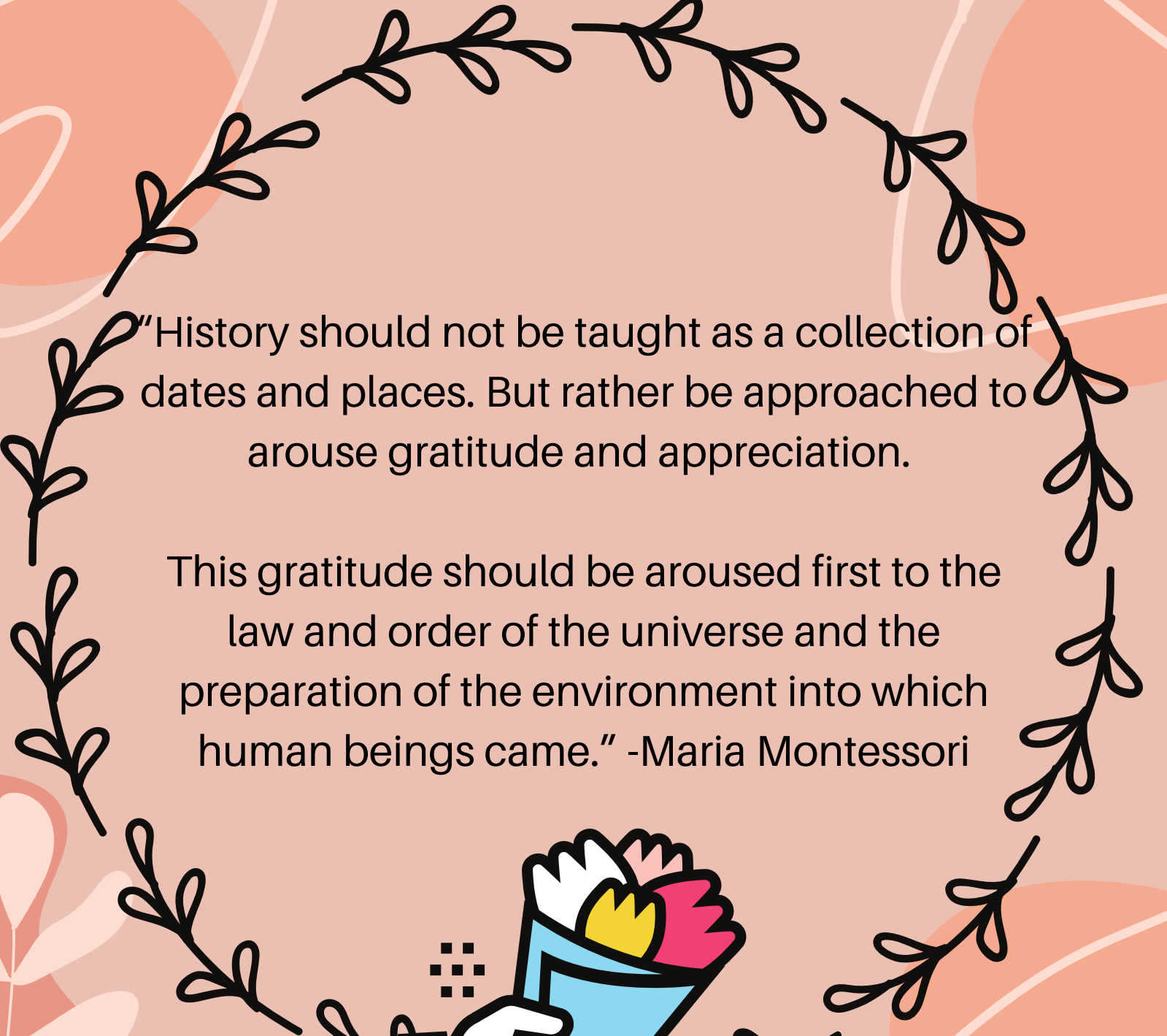
It helps a child feel more positive emotions,
relish good experiences and build strong
relationships.





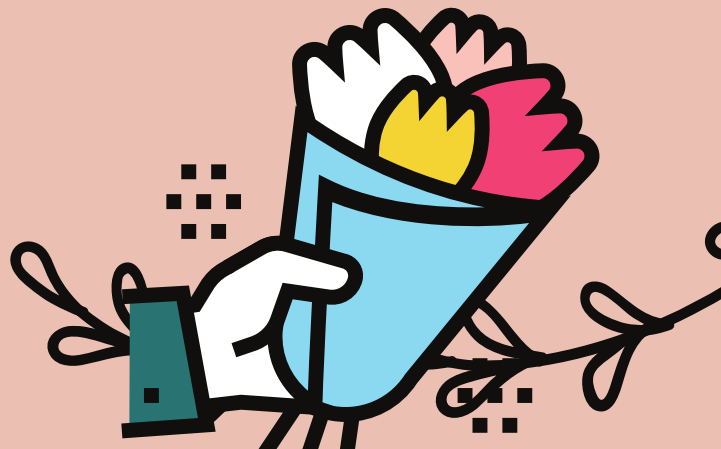
GRATITUDE INVOLVES

- sympathy,
- empathy
- sensitivity,
- understanding values and respecting them



"History should not be taught as a collection of dates and places. But rather be approached to arouse gratitude and appreciation.

This gratitude should be aroused first to the law and order of the universe and the preparation of the environment into which human beings came." -Maria Montessori





THANK
YOU

WHY IS GRATITUDE IMPORTANT?

- It creates feelings of love, compassion, joy, and hope
- It helps the child to be thankful for nature and the people around them.
- It strengthens social ties, self-esteem, and resilience to stress.
- It is the foundation of emotional, social, and practical life skills in Montessori education.



GRATITUDE JAR

Gratitude Jar is a beautifully decorated container with a lid, paper, and pen. It is kept in the classroom to collect notes or pictures written by children to thank their friends, teachers and family.

Every child takes turns to read or speak, and each note is listened to with respectful consideration.

WHAT DOES GRATITUDE JAR TEACHES?

It teaches children to feel true gratitude. They learn how to feel thankful, how to express their feelings, and how these expressions can positively affect the people around them.



GREAT SAYING

"Happiness is in many respects a skill that parents can teach their children, and the relationship between gratitude and happiness is really strong."





READ MORE ON

[https://theglobalmontessorinetwork.org/
resource/elementary/gratitude-english/](https://theglobalmontessorinetwork.org/resource/elementary/gratitude-english/)