

GUIDING COOPERATION

Sacred Gratitude & Family Practices for Grounding

with Dr. Chelsey



Why Gratitude? Why Grounding?

There is an awful lot of research on gratitude and how deeply it is intertwined with happiness and a sense of well-being, for both children and adults. Many parents come to me and say- our child is really struggling... we need help.

A gratitude practice is not going to immediately shift your family culture, and nor is it going to transform really tricky behaviors.

But it is going to support & sustain the transformation.

A gratitude practice is about nourishing connection.

Your child requires connection in order to be able to cooperate at all.

Your family requires deserves a sense of peacefulness. Gratitude is one place to start.

Use this practice in tandem with the tools to guide cooperation.



Why Gratitude Matters

Research on Gratitude

1. A gratitude practice results in deeper well-being and a more profound feeling of happiness.
2. A practice is a routine that a family engages in. Children find the rhythm and consistency comforting & safe.
3. In order for children to learn how to express gratitude & empathy they need to see their folks do so!

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How to Make Your Gratitude Matter

How You Do It Matters

1. Do it in community- your family counts, whether you're 2 or 200!
2. Do it consistently- it's the practice that matters- the rhythm & tone of being together, often, this way.
3. Do it creatively- tell stories, make art, find objects, write poems... share your gratitude, in story-form.

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Ideas for Nurturing Your Gratitude Practice

Daily Practice: Roses & Thorns or Rainbows & Raindrops

Your everyday family time can be gratitude! Have everyone share a rose (the best thing of the day) and a thorn (the trickiest thing of the day). Other metaphors like rainbows/raindrops or dance party/curl up moment work, too.

Gratitude Walk

Go on a walk! Find things you love- leaves, rocks, sticks- and give thanks for their beauty.

Make a Sacred Space

Build a special space. Everyone can find & add unique objects- stuffies, photos & favorite rocks welcome. Add a candle.

Create a Weekly Check-In With Your Family

Decide on a day and time that your family checks in, on the regular. Check-ins can be light: share something you're grateful for or go for another fun check-in: what roller coaster your day was most like, or what color you feel like now, or what household object (we encourage you to go on a hunt to find something!) represents your day.

Daily Practice: Bedtime Check-in

This is the ideal time to check-in. Avoid questions. Share about your own day. However little or much your child shares is ok.

Gratitude Objects

Everyone in the family finds an object they are grateful for, and brings it to a central place. Create an altar or space with your gratitude objects.

How will you practice gratitude, as a person- not a parent? This is critical! You MUST nurture yourself & your own practice.



Ways I'll Nurture My Gratitude Practice

How can you grow your gratitude practice, both for yourself, and for your family?

Goal :

Use this space to make a gratitude practice goal.

Everyday Action with the Kids:

Everyday Action with Myself:

Ongoing Thoughts: How's It Going?

How my kids are responding:

How I am responding:

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