



Scripts For Parents Teen Gratitude

What to say

Why?

"I noticed you washed all the dishes and did the laundry. Thank you for doing that, it really helped me out."

Acknowledging when your teen is working really hard or goes out of their way to be helpful is a good way to express your gratitude and to increase generosity in your teen.

"I'm so grateful for how you helped your younger sister with her homework. I'm sure she really appreciates it as well."

When someone's hard work or contribution is recognized, they are likely to continue that behavior and also be more expressive of gratitude themselves. Small actions like doing the dishes after a meal someone else prepared or warming up someone's car in the winter are also signs of gratitude.

"I love you so much. When I go to work so our family can have the things we need and some of your dreams can come true, it makes it all meaningful to me."

It's important for teens to know that parents think of their well-being even when they're not present. It can help them realize how much they matter in their parents' lives. This can spark an appreciation in teens for what adults do in their lives.