



Teen Gratitude Tips for Parents

#1

It is important to model gratitude to raise thoughtful and generous children.

- Gratitude allows people to be nicer to each other, more **compassionate, empathetic, and trusting**.
- Having gratitude can make a person **happier and more content**.
- Parents that **express gratitude** raise children who express gratitude.
- Model gratitude by **giving back to the community**, through volunteering and random acts of kindness.

#2

People who are more grateful are less likely to be depressed, and more likely to be resilient and well-liked.

- Gratitude is a character trait linked with **generosity, pleasantness, and selflessness**. It is difficult to be jealous or self-centered when being grateful.
- Not expressing gratitude can lead to lower life satisfaction because the small things that surround us and enrich our lives **go unnoticed and unappreciated**.
- Gratitude is often paired with a **feeling of “abundance,”** – a sense of having a lot to share and give back. Abundance leads people to be more generous and patient with other people.