

Teaching Keiki About Thankfulness

Teaching our children about giving thanks is one of the most valuable lessons we can share with our children. Having an “attitude of gratitude” can transform any conversation, any situation, and any relationship for the better! Here are some ways we can teach our children about giving thanks:

- 1. Set an Example.** Do you complain about the annoying little things that come up every day? Piles of laundry, fussy toddlers, or dirty dishes on the table can get frustrating at times, but try re-shifting the focus to the blessings instead: an abundance of clothing and a washing machine that works, food on the table at each meal, a roof over our heads and a bed to sleep on, healthy children; these are things that many can only dream of. Our children will learn to see things differently if they hear us remembering to count our blessings: “Yes, we have a lot of messy dishes to do, but wasn’t that a wonderful dinner? We’re so lucky to have so much food and a wonderful family to share it!”
- 2. Reward Thankfulness.** The saying “catch your child being good,” applies here! Example: “Mia, I noticed that you said ‘thank you’ to Grandma very nicely when she brought you dessert. Saying ‘thank you’ is a great way to show others we care about them and appreciate what they do.”
- 3. Help Them Give to Others.** Providing positive opportunities for our children is something we can build into our daily lives. Find ways to include your child in a gift of giving. Examples: baking cookies for a teacher, neighbor, or mail carrier. Helping mom carry in a light bag of groceries. Helping dad wash the car. Helping to donate used toys and clothing, or packing a Christmas “shoebox.”
- 4. Create Rituals for Giving Thanks.** Family traditions are often some of our most treasured memories of childhood. At the holiday table, try taking turns sharing something you are thankful for with your keiki and ‘ohana. Example: “I am so thankful for my family. You are so precious to me and make me so happy!” **Happy Holidays Tūtū and Me ‘Ohana! We are very thankful for you!**

CSEFEL Tip of the Month

Center for the Social Emotional Foundations for Early Learning

Children’s Work is Play



Teach Friendship Phrases:

- “Hi (name), want to play?”
- “May I play too?”
- “Let’s share this.”
- “Let’s take turns. First you, then me.”
- “We can do this together.”
- “Would you like one?”

Signing with Keiki

Featuring: Annette Stevens, West Hawai’i Team



Ha’awi = Giving

1. Place both hands in front of you.
2. Extend both hands out.

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.” ~Kahlil Gibran

Cooking with Keiki: Mini Apple Turnovers

Ingredients:

- 1 can refrigerated biscuits (16.3oz)
- 1 can apple pie filling
- 1 tablespoon cinnamon
- 4 tablespoons sugar

Keiki will love making and eating these yummy little turnovers!

Directions:

Preheat oven to 400°. Flatten each biscuit into a 6” round. Place 2 heaping tablespoons of pie filling on each biscuit. Moisten edges of dough with water. Fold over and press edges firmly with a fork to seal. Place on a lightly greased baking sheet. Mix cinnamon and sugar and then sprinkle on biscuits. Bake for 15-20 minutes or until golden brown. Eat and enjoy!

