ChooSELovetoThrive
Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #10: CREATE A THANK YOU SIGN

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA

Mr. Rogers, an American icon who is known for his ability to bring positivity to others, once said "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping.' "

While many of us stay safe in our homes, those who are considered "essential workers" continue working to help others. Doctors, nurses, and other medical personnel risk their lives each day to help those who are ill. Postal workers continue to deliver packages and grocery store employees work hard to restock our shelves to provide us with necessities. These are some of the helpers who Mr. Rogers refers to in his quote. It is important to take the time to show them gratitude.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. We can show gratitude by providing thankful messages and smiles to others. Today, show gratitude by creating a window sign for those essential workers who pass by your home on their way to work.

Practice Gratitude Today:

1. GRAB A PIECE OF PAPER OR ANOTHER MATERIAL AROUND YOUR HOUSE THAT CAN BE USED TO CREATE A SIGN, AS WELL AS A PENCIL OR MARKERS.

2. THINK ABOUT THE PEOPLE WHO PUT THEMSELVES AT RISK OF GETTING SICK TO GO TO WORK EACH DAY AND HELP OTHERS DURING THIS TIME.

3. WRITE "THANK YOU, ESSENTIAL WORKERS!" OR ANOTHER PHRASE TO SHOW YOUR GRATITUDE.

4. ADD COLORS AND DRAWINGS TO YOUR SIGN. BE CREATIVE AND HAVE FUN WITH IT!

5. PLACE THE SIGN IN A WINDOW SO OTHERS CAN SEE IT AS THEY PASS YOUR HOME. POST IT ON SOCIAL MEDIA WITH THE HASHTAG #CHOOSELOVESELFIE.

Parent Practice Tip:

Take a few minutes to discuss with your child who is considered an "essential worker." Share three reasons why you are grateful for essential workers.

To Learn More:

WHAT IS GRATITUDE?
GRATITUDE CRAFT
TALKING ABOUT GRATITUDE WITH KIDS

www.ChooSELoveToThrive.org