



LIFE SKILLS TEACHING CHILDREN GRATITUDE

Teaching children gratitude is an integral part of building a foundation for happiness.



WHY GRATITUDE IS IMPORTANT FOR YOUTH :

Gratitude isn't just about good manners; it's a life skill that impacts children's emotional health. Some compelling reasons why gratitude is a valuable.



IMPROVED HAPPINESS: RESEARCH SHOWS THAT

gratitude is linked to happiness in children as young as five. Grateful kids report higher satisfaction with their schools, families, and communities.



BETTER SOCIAL RELATIONSHIPS:

Grateful children are more likely to be kind, empathetic, and supportive to others, building meaningful relationships.



ENHANCED LIFE SATISFACTION:

Adolescents who practice gratitude have higher life satisfaction. They're less prone to envy, depression and materialism, leading to a balanced and content life.



Mental health



Physical health



financial guidance



legal assistance

**For confidential assistance on mental health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
on toll-free 0800 004 770
or SMS your name to 31581**