



# Ashley's Angel Gram

## Thankfulness Through Little Hands: Fostering Gratitude in Preschoolers

Gratitude is more than just saying “thank you”; it’s a mindset that helps children appreciate the good things in their lives and the people around them. Teaching gratitude early lays the foundation for a positive outlook, strong relationships, and emotional well-being.

For preschoolers, learning gratitude helps them understand empathy—the ability to recognize and value the feelings of others. When children practice saying “thank you” or expressing appreciation, they start to see how their actions can brighten someone else’s day. Over time, this builds important social-emotional skills that support kindness and cooperation.

Gratitude also nurtures resilience. By focusing on the good things in their lives, children develop a habit of finding joy, even during challenges. It’s a powerful tool for shaping a happier, more content mindset as they grow.

At this age, gratitude is best taught through modeling and hands-on activities. Parents and caregivers can show appreciation by thanking children for their efforts and acknowledging kindness. Fun activities, like making a “Thankful Tree” or drawing pictures of things they’re grateful for, help children connect these ideas to their daily lives.

Teaching gratitude early is a simple yet profound way to help young children thrive—and it starts with little moments of thankfulness shared together.



*Merry Christmas  
& Happy New Year  
to you all!*



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## Santa's Strawberry Hats

Fresh strawberries (hulled)  
Greek yogurt or whipped cream  
Banana slices (cut into small rounds)  
Toothpicks (optional for assembly)

Wash the strawberries and remove the tops to create a flat base. Slice the bananas into rounds about 1/4-inch thick. Place a banana slice on a plate as the "hat base." Top with a strawberry, pointy side up, to create Santa's hat.

Use a small dollop of Greek yogurt or whipped cream at the tip of the strawberry for the "pom-pom" and around the base to resemble the "hat trim."  
For easy handling, carefully insert a toothpick through the center of the banana and strawberry.

## Books to Inspire Thankfulness

Storytime is a magical way to teach young children about gratitude while building emotional connections. Books like **Bear Says Thanks** by Karma Wilson and **The Thankful Book** by Todd Parr are perfect for introducing the concept of appreciation in a way that resonates with little ones.

***Bear Says Thanks***, Bear and his friends share a heartwarming tale of community and generosity, showing children the joy of giving and receiving.

***The Thankful Book*** helps kids recognize everyday blessings, from sunny days to cozy hugs, with its bright and cheerful illustrations.

Reading together not only nurtures a love for books but also opens the door to meaningful conversations about being thankful. These stories help children see how gratitude strengthens friendships and brings happiness to themselves and others.