

10 Ways to Pack More Gratitude into Your Life

Inspired ways for families to embrace and celebrate the spirit of the season -- and beyond.

By [Angela Zimmerman](#) 11/13/2018



It happens every holiday: You're se

It doesn't always come naturally, though. Kids can be self-centered -- and with the rampant consumerism at every turn of the holiday season, it can be hard for them to look beyond the shiny storefronts and their own wish lists. But by teaching, modeling, reinforcing, and nurturing gratitude, you're giving your kids a gift that will last well beyond the holidays -- and hopefully a lifetime.

Try these tips to really drive the message home.

- Start a conversation with your kids about [what gratitude is](#) and what it means to them. Find ways to weave it into your daily life. Take a moment of reflection. Encourage your kids to thank someone every day, whether it's the sun in the sky, the fluffy family dog, or participating in a holiday tradition.

[About Angela Zimmerman](#)

As manager of editorial partnerships, Angela is responsible for packaging and distributing articles and reviews to Common Sense's many content partners, helping people far and wide access advice and information around... [Read more](#)

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