

THANKS FOR KEEPING OUR GLASS HALF FULL!

IT'S GREAT TO BE GRATEFUL!

Dear Parents & Caregivers,
With everything that's happening this year, the holidays are a great time to help your child focus on the good things in their lives. You can get started by watching episodes of *Glass Half Full News*, an online news series created by got milk? to provide a freshly positive perspective from kids — like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk!

Now, to extend this positivity into the classroom and the home, got milk? has teamed up with the curriculum specialists at Young Minds Inspired to create *Thanks for Keeping Our Glass Half Full*, a language arts program that encourages children to send a message of gratitude to someone who has helped them or their community, especially helpers who have supported their family during the coronavirus pandemic or wildfires.

Remind your child that when someone says their glass is *half full*, they are thankful for what they have. Being thankful is the same as being grateful, and being grateful can help you feel good! Plus, showing gratitude can help the person receiving your thanks see the positive as well.

Here's to seeing the glass half full!



TAKE THE GLASS HALF FULL APPROACH!

Sometimes we're in situations where it might be easy to see the glass as half empty. You can turn it around and make it positive. Try it! How could you take the glass half full (GHF) approach in each situation below? For example: My soccer game is canceled. A GHF approach may be: I can play soccer for an hour with my family! Have everyone in the family share a response.

1. There's nothing interesting to eat in the fridge.

GHF approach: _____

2. The internet is down.

GHF approach: _____

3. My favorite store is closed.

GHF approach: _____

4. It's raining so I can't play outside.

GHF approach: _____

SHOW YOUR THANKS!

As a family, create a message of thanks to someone (or an organization) who has worked to support you or your community this year. Try one of the formats below for your message. When done, share your message with the person or group you're writing to, and take a photo of your message to share with your class.

- banner
- rap
- meme
- poster
- drawing
- song
- poem
- painting
- something you choose!
- haiku
- video

Who will you thank? _____

How will you show your thanks? _____

What words will you use to express your gratitude?



As a family, check out *Glass Half Full News* at ghfnews.com.
See how kids can put a spin on the ordinary to see the positive!

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