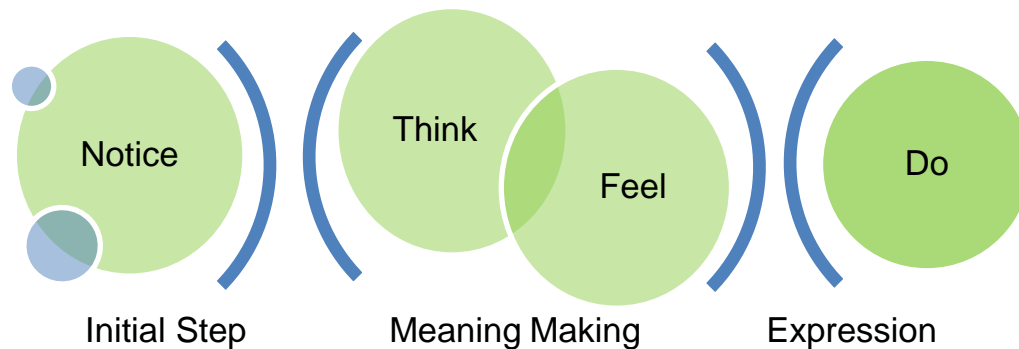
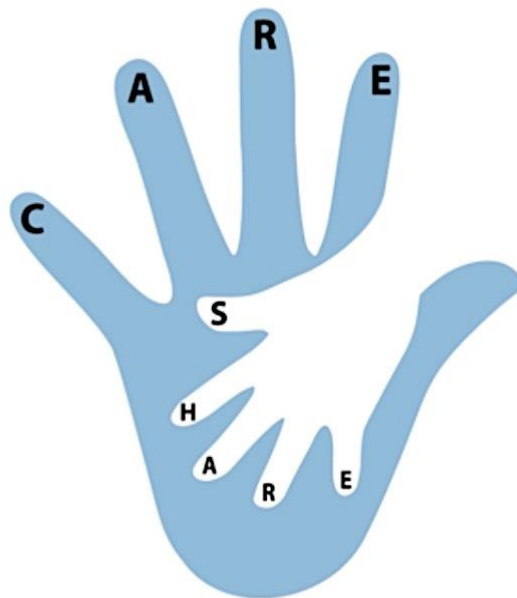


# The Raising Grateful Children Project

## Gratitude Conversations: MESSAGES



## Gratitude Conversations: APPROACHES



Child focused  
Ask open-ended questions  
Relate  
Express pleasure

Share thoughts and feelings  
Hear yourself  
Avoid pitfalls  
Resist speaking for child  
Exit your point

## Goal: MUTUAL UNDERSTANDING

Contact us at [gratitude@unc.edu](mailto:gratitude@unc.edu) or 919-962-5535