



Making



Grateful



A SCIENTIFIC
APPROACH FOR HELPING
YOUTH THRIVE

Kids



JEFFREY J. FROH and GIACOMO BONO

Making Grateful Kids The Science Of Building Character

Lorraine Miller



Making Grateful Kids The Science Of Building Character:

Making Grateful Kids Jeffrey Froh, Giacomo Bono, 2014-03-05 If there was a new wonder drug on the market that got kids to behave better improve their grades feel happier and avoid risky behaviors many parents around the world would be willing to empty their bank accounts to acquire it Amazingly such a product actually does exist It s not regulated by the FDA it has no ill side effects and it s absolutely free and available to anyone at any time This miracle cure is gratitude Over the past decade science has shown that gratitude is one of the most valuable and important emotions we possess and it is a virtue that anyone can cultivate In fact researchers have developed many different methods people can use to foster an attitude of gratitude and the science shows that many of them really work In *Making Grateful Kids* two of the leading authorities on gratitude among young people Jeffrey J Froh and Giacomo Bono introduce their latest and most compelling research announce groundbreaking findings and share real life stories from adults and youth to show parents teachers mentors and kids themselves how to achieve greater life satisfaction through gratitude Most importantly perhaps they expand on this groundbreaking research to offer practical and effective common sense plans that can be used in day to day interactions between kids and adults to enhance success and wellbeing Their unique scientifically based approach for producing grateful youth works whether these kids are very young elementary school students or troubled teenagers Not only does the purposeful practice of gratitude increase their happiness but the research indicates that grateful kids also report more self discipline fulfilling relationships and engagement with their schools and communities when compared to their less grateful counterparts After reading *Making Grateful Kids* parents teachers and anyone who works with youth will be able to connect more meaningfully with kids so that all parties can focus on the things that matter most and in turn create a more cooperative and thriving society

Making Grateful Kids Jeffrey Froh, Giacomo Bono, 2015-05-20 If there was a new wonder drug on the market that got kids to behave better improve their grades feel happier and avoid risky behaviors many parents around the world would be willing to empty their bank accounts to acquire it Amazingly such a product actually does exist It s not regulated by the FDA it has no ill side effects and it s absolutely free and available to anyone at any time This miracle cure is gratitude Over the past decade science has shown that gratitude is one of the most valuable and important emotions we possess and it is a virtue that anyone can cultivate In fact researchers have developed many different methods people can use to foster an attitude of gratitude and the science shows that many of them really work In *Making Grateful Kids* two of the leading authorities on gratitude among young people Jeffrey J Froh and Giacomo Bono introduce their latest and most compelling research announce groundbreaking findings and share real life stories from adults and youth to show parents teachers mentors and kids themselves how to achieve greater life satisfaction through gratitude Most importantly perhaps they expand on this groundbreaking research to offer practical and effective common sense plans that can be used in day to day interactions between kids and adults to enhance success and wellbeing Their unique scientifically based

approach for producing grateful youth works whether these kids are very young elementary school students or troubled teenagers Not only does the purposeful practice of gratitude increase their happiness but the research indicates that grateful kids also report more self discipline fulfilling relationships and engagement with their schools and communities when compared to their less grateful counterparts After reading Making Grateful Kids parents teachers and anyone who works with youth will be able to connect more meaningfully with kids so that all parties can focus on the things that matter most and in turn create a more cooperative and thriving society The Routledge International Handbook of Multidisciplinary Perspectives on Character Development, Volume I Michael D. Matthews, Richard M. Lerner, 2024-03-29 Drawing from philosophy religion biology behavioral and social sciences and the arts The Routledge International Handbooks of Multidisciplinary Perspectives on Character Development Volumes I and II present cutting edge scholarship about the concept of character across the life span the developmental and contextual bases of character and the key organizations of societal sectors within and across nations that promote character development in individuals families and communities This first volume Conceptualizing and Defining Character explores the foundations of the field by providing an array of interdisciplinary approaches to character development including economics education law literature military science philosophy and many more With contributions from international experts Volume I brings together cutting edge research and discusses instances of character development including civic character courage fairness forgiveness gratitude morality tolerance and thankfulness This comprehensive publication is an essential reference for researchers and graduate students in behavioral sciences biology philosophy theology and economics as well as practitioners leading or evaluating character education or character development programs around the world Find Volume II Moderators Threats and Contexts here www.routledge.com/9781032172453 **Gratitude** Owen M. Griffith, 2016-04-08 This valuable book will give educators solution based methods and research based resources to improve classroom culture as well as enabling schools to elevate students engagement and academic achievement In addition activities will be provided that will help teachers improve their own lives as well as their students lives Grounded in scientific research this book will delve into numerous integral aspects of gratitude as it relates to education In addition this useful publication will feature success stories and step by step instructions to successfully implement gratitude in schools Educators will also be shown how to combat materialism and entitlement with gratitude and altruism how to help teenagers utilize gratitude successfully as well as encouraging the entire families of our students to embrace gratitude and make it a permanent part of their lives Finally educators will be inspired to stay energized with gratitude throughout the school year Perspectives on Gratitude David Carr, 2016-02-05 Psychologists philosophers theologians and educationalists have all lately explored various conceptual moral psychological and pedagogical dimensions of gratitude in a rapidly expanding academic and popular literature However while the distinguished contributors to this work hail from these distinct disciplines they have been brought together in this volume precisely in recognition of the need

for a more interdisciplinary perspective on the topic While further developing such more familiar debates in the field as whether it is appropriate to feel grateful in circumstances in which there is no obvious benefactor whether it is proper to feel grateful to those who have benefited one only from a sense of duty and whether it makes sense to be grateful if so doing colludes with injustice the essays in this collection explore a wide variety of fresh conceptual psychological and moral issues For example in addition to identifying some new moral paradoxes about gratitude and seeking a generally more morally discriminating approach to gratitude education relations are explored between gratitude and humility forgiveness and appreciation and the religious and spiritual dimensions of the concept are also given much overdue attention By drawing together serious academic engagement with the study of gratitude and a serious attempt to undertake this within an interdisciplinary perspective Perspectives on Gratitude will be of value to academics and graduate students in the fields of philosophy psychology and theology as well as other research based disciplines

Today I Am Grateful Lorraine Miller, 2014-05-12 Children can be made more grateful when the adults in their lives teach them how Today I am Grateful is the perfect springboard for parents and educators to start helping kids see all of the goodness in their life Jeffrey J Froh associate professor of psychology at Hofstra University and coauthor of Making Grateful Kids The Science of Building Character Today I Am Grateful was created to inspire children of all ages to experience the incredible power of gratitude By taking the time to think about all the wonderful things that happen each day children gain an appreciation for what matters most to them in their own lives Following the lead of Milo young readers can take part in this mindful practice using the activities provided at the end of the story A special section for parents provides insight into the many benefits cultivating an attitude of gratitude will play in their child's life www.GratitudetoBliss.com

Scientific Concepts Behind Happiness, Kindness, and Empathy in Contemporary Society Silton, Nava R., 2018-07-20 Significant progress has been made in the study of human psychology in recent years However the human pursuit of happiness through the use of scientific methods has yet to be fully examined Scientific Concepts Behind Happiness Kindness and Empathy in Contemporary Society is an essential reference source that offers in depth studies that anchor concepts of happiness kindness wellbeing and empathy from a scientific perspective Featuring research on topics such as cognitive revolution neurobiology of wellbeing and rational emotive behavior therapy this book is ideally designed for sociologists academicians psychology professionals researchers and graduate level students seeking scientific coverage on happiness kindness and empathy

How to Raise Kind Kids Thomas Lickona, 2018-04-10 Can you teach a child to be kind This vital question is taking on a new urgency as our culture grows ever more abrasive and divided We all want our kids to be kind But that is not the same as knowing what to do when you catch your son being unkind A world renowned developmental psychologist Dr Thomas Lickona has led the character education movement in schools for forty years Now he shares with parents the vital tools they need to bring peace and foster cooperation at home Kindness doesn't stand on its own It needs a supporting cast of other essential virtues like courage self

control respect and gratitude With concrete examples drawn from the many families Dr Lickona has worked with over the years and clear tips you can act on tonight How to Raise Kind Kids will help you give and get respect hold family meetings to tackle persistent problems discipline in a way that builds character and improve the dynamic of your relationship with your children while putting them on the path to a happier and more fulfilling life Developing Gratitude in Children and Adolescents Jonathan R. H. Tudge, Lia Beatriz de Lucca Freitas, 2018 Gratitude a virtue develops during childhood and adolescence This book shows how adults can encourage its development fostering consideration for others and strengthening connections

The Routledge International Handbook of Critical Positive Psychology Nicholas J. L. Brown, Tim Lomas, Francisco Jose Eiroa-Orosa, 2017-09-19 Since the turn of the twenty first century the field of positive psychology has sought to implement a science of human flourishing so that we may lead happier more fulfilling lives It has found expression not only in academic papers but also popular books and increasingly in government policy The Routledge International Handbook of Critical Positive Psychology is the first volume dedicated to a critical appraisal of this influential but controversial field of study The book critically examines not only the scientific foundations of positive psychology but also the sociocultural and political tenets on which the field rests It evaluates the current field of knowledge and practice and includes chapters analysing the methodological constructs of the field as well as others that question what positive psychology actually means by ideas such as happiness or well being Taking the debate further the book then discusses how positive psychology can be applied in a wider variety of settings than is presently the case helping communities and individuals by acknowledging the reality of people's lives rather than adhering strictly to debatable theoretical constructs Including contributions from disciplines ranging from psychoanalysis to existential therapy theology to philosophy and contributors from throughout the world The Routledge International Handbook of Critical Positive Psychology will be enlightening reading for anyone interested in how psychology has sought to understand human well being The Strength Switch Lea Waters, 2017-07-11 Unlock your children's potential by helping them build their strengths This game changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses Most parents struggle with this shift because they suffer from a negativity bias thanks to evolutionary development giving them strengths blindness By showing us how to throw the strengths switch Lea Waters demonstrates how we can not only help our children build resilience optimism and achievement but we can also help inoculate them against today's pandemic of depression and anxiety As a strengths based scientist for more than twenty years ten of them spent focusing on strengths based parenting Waters has seen how this approach enhances self esteem and energy in both children and teenagers Yet more on the plus side parents find it a particularly exciting and rewarding way to raise children With many suggestions for specific ways to interact with your kids Waters demonstrates how to discover strengths and talents in our children how to use positive emotions as a resource how to build strong brains and even how to deal with

problem behaviors and talk about difficult situations and emotions As revolutionary yet simple as *Mindset* and *Grit* The *Strength Switch* will show parents how a small shift can yield enormous results *Virtuous Emotions* Kristján

Kristjánsson,2018-04-26 Many people are drawn towards virtue ethics because of the central place it gives to emotions in the good life Yet it may seem odd to evaluate emotions as virtuous or non virtuous for how can we be held responsible for those powerful feelings that simply engulf us And how can education help us to manage our emotional lives The aim of this book is to offer readers a new Aristotelian analysis and moral justification of a number of emotions that Aristotle did not mention awe grief and jealousy or relegated at best to the level of the semi virtuous shame or made disparaging remarks about gratitude or rejected explicitly pity understood as pain at another person s deserved bad fortune Kristj n Kristj nsson argues that there are good Aristotelian reasons for understanding those emotions either as virtuous or as indirectly conducive to virtue *Virtuous Emotions* begins with an overview of Aristotle s ideas on the nature of emotions and of emotional value and concludes with an account of Aristotelian emotion education *Religious and Non-Religious Perspectives on Happiness and Wellbeing* Sharada Sugirtharajah,2022-04-25 This book explores the theme of happiness and well being from religious spiritual philosophical psychological humanistic and health perspectives Taking a non binary approach it considers how happiness in particular has been understood and appropriated in religious and non religious strands of thought The chapters offer incisive insight from a variety of perspectives including humanism atheism and major religions such as Christianity Islam Buddhism Hinduism and Judaism Together they demonstrate that although worldviews might vary substantially there are concurrences across religious and non religious perspectives on happiness that provide a common ground for further cross cultural and interreligious exploration What the book makes clear is that happiness is not a static or monolithic category It is an ongoing process of being and becoming striving and seeking living ethically and meaningfully as well as arriving at a tranquil state of being This multifaceted volume makes a fresh contribution to the contemporary study of happiness and is valuable reading for scholars and students from religious studies and theology including those interested in interreligious dialogue and the psychology of religion as well as positive psychology *The Kindness Advantage* Dale Atkins,Amanda Salzhauer,2018-09-11 In homes and school communities nationwide there is re energized interest in the values of community compassion and tolerance and in finding our way to a kinder culture a culture that starts with our families Headlines speak of hate crimes intolerance and us versus them divisiveness Recent political events have left many Americans yearning for unity respect and compassion in our national discourse In our schools bullying continues to be a pervasive problem and in our homes screen time poses a constant threat to family time Research shows that connection and social engagement are key to successful fulfilling lives and yet we have never been less connected than we are now Perhaps more than any other group parents recognize the potential damage of this trend Children who are raised in a culture where giving and compassion are valued become happier and more positively engaged with those around them They are less likely

to treat others disrespectfully With increased concern about meanness and bullying you may be among the many parents who see the need for more civil respectful and considerate behavior among our children The Kindness Advantage is a practical and concrete guide for you to equip your child with the skills they need to have a positive influence on the world We all benefit when children are raised with the understanding that they can have an impact by making conscious choices It s never too early to start your child on a path of fulfillment through meaningful connection with others Designed to be read with children as young as four the book presents ten fundamental concepts to weave into your family s daily life Using text quotes questions and real life stories The Kindness Advantage is the first book parents need to think about and teach the necessary skills to be a kind compassionate person Each idea on its own is simple and unthreatening yet together they form the powerful foundation parents need to go beyond teaching please and thank you to form kindness habits that will last a lifetime In a world where kindness is so greatly needed The Kindness Advantage offers inspiration and activities to teach kids empathy inspire a culture of compassion and connection and empower children to make a difference in their community and the world

Making Lemonade Laura J. Colker,Derry Koralek,2019-08-02 The benefits of an optimistic thinking style have slowly been seeping into early childhood teaching practice through research on resiliency leadership health and what has been termed grit Yet there remains a large vacuum in teacher education on both the importance and mechanics of teaching young children to become optimistic thinkers Making Lemonade is the first to market book on the topic of learned optimism in young children and provides 15 practical hands on exercises and activities teachers and families can use to positively affect children Learned optimism can equip children to be more successful learners and healthier individuals

Summary of Daniel J. Siegel's No-Drama Discipline by Swift Reads Swift Reads,2019-06-28 No Drama Discipline The Whole Brain Way to Calm the Chaos and Nurture Your Child s Developing Mind 2014 by psychotherapists Daniel J Siegel and Tina Payne Bryson explains how parents can diminish disorder while strengthening their child s brain The authors approach to discipline based on the latest in neuroscience at the time of publication enables parents to turn meltdowns temper tantrums and everyday frustrations into teachable moments that strengthen the parent child relationship while increasing cooperation and emotional resilience Purchase this in depth summary to learn more

Positive Education Jacolyn M. Norrish,2015-05-14 As part of the Oxford Series in Positive Psychology Positive Education The Geelong Grammar School Journey is the story of one school s development of a more holistic approach to education one with student wellbeing at its heart Balancing academic findings from the thriving field of Positive Psychology whilst exploring the adaptation of this science into an innovative radical new approach to teaching called Positive Education iPositive Education The Geelong Grammar School Journey rprovides an explanation of the key tenets of Positive Psychology and examines the practical application of this research leading to the Geelong Grammar School s cultivation of the ground breaking Positive Education program With a foreword by Martin Seligman and contributions from such well recognised names in the field as Roy Baumeister Tal Ben

Shahar Barbara Fredrickson Craig Hassed Felicia Huppert Sue Jackson Nansook Park Karen Reivich Pninit Russo Netzer and George Vaillant this book fills a crucial space between academic theory and practical application making it a landmark publication on Positive Education Positive Education The Geelong Grammar School Journey will provide academics and students of Positive Psychology with an invaluable resource Moreover the book offers educational practitioners the key facets of the approach so as to inspire them to embark on their own journey with Positive Education *Research Anthology on Rehabilitation Practices and Therapy* Management Association, Information Resources, 2020-08-21 The availability of practical applications techniques and case studies by international therapists is limited despite expansions to the fields of clinical psychology rehabilitation and counseling As dialogues surrounding mental health grow it is important to maintain therapeutic modalities that ensure the highest level of patient centered rehabilitation and care are met across global networks *Research Anthology on Rehabilitation Practices and Therapy* is a vital reference source that examines the latest scholarly material on trends and techniques in counseling and therapy and provides innovative insights into contemporary and future issues within the field Highlighting a range of topics such as psychotherapy anger management and psychodynamics this multi volume book is ideally designed for mental health professionals counselors therapists clinical psychologists sociologists social workers researchers students and social science academicians seeking coverage on significant advances in rehabilitation and therapy *Heal Your Child from the Inside Out* Robin Ray Green, L.Ac./MTCM, 2016-10-18 With her brilliant mastery of the Chinese Five Element System as well as her compassionate understanding from her own experiences as a parent Robin Ray Green is the perfect guide to show you how to read your child's individual map This book is a wonderfully practical and comprehensive user's manual for your child's optimal health Jean Haner author of *The Five Element Solution* and *The Wisdom of Your Child's Face* Discover Your Child's True Nature with Chinese Face Reading Drawing from the ancient wisdom of the Five Elements of Traditional Chinese Medicine Robin Ray Green L.Ac. MTCM offers simple solutions for creating a natural healing program that is as unique as your child Questionnaires and quizzes help you gain an understanding of your child's 5 Element type whether it's Wood Fire Earth Metal or Water to allow you to diagnose imbalances within the body that create health issues Once you've gained a solid understanding of the 5 Elements and how health conditions are affected by elemental imbalances nutrition and lifestyle you'll learn simple techniques such as acupressure massage and meditation that will help your child achieve vibrant health Ultimately empowered with this knowledge and a new holistic perspective on health you'll be able to augment Western treatments with time tested natural solutions to help your child and your whole family heal naturally **Real Parenting for Real Kids** Melissa Hood, 2016-04-27 The Parent Practice team led by Melissa Hood and Elaine Halligan have been delivering positive parenting courses since 2004 designed to make families happier by giving parents skills and strategies that allow them not only to parent more effectively but to enjoy their children more Based on science and tested in families Real

Parenting for Real Kids provides realistic and workable solutions for real families living real lives in the 21st century. Melissa Hood draws on years of experience as a professional and as a parent to debunk many of the myths of parenting, provide insights into children's behaviour and practical solutions to everyday issues faced by parents of school-aged children. With worksheets and other resources, you will learn the 7 essential skills and be able to take action immediately to transform your family life. Far from making you feel guilty about your parenting, this book celebrates mums and dads and the creative solutions they find for everyday parenting dilemmas. The experiences of hundreds of parents are shared here.

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