



Gratitude Week

November 16-20

Bobcats are grateful.

2020 has certainly been a strange year, one that won't be over soon enough. However, through it all, it is important to focus on even small things for which to be grateful.



Knights Ferry School 2020

Did you know that practicing gratitude is good for you? That focusing on the large and small things in your life for which you are grateful improves your mood and physical well-being? During the week of November 16-20 we will be practicing gratitude daily. Gratitude spots will be placed around the school where students and staff can stop and reflect on that for which they are grateful.

A Gratitude Tree will be built over the week and cover the window in the office that faces the portables. Students and staff will be encouraged to place “leaves” of gratitude on the tree every day they are on campus.

We will be giving random “kindness cards” out to children, who will be encouraged to give their card away to someone else in recognition of some kind act or appreciation.

We will be sharing messages of gratitude with students Monday through Friday.

Finally, we will be creating “You Matter” letters, poems or a special piece of art. Letters, poems or artwork will be created for someone of importance to the child; someone who “matters” to them. Children will be encouraged to share these pieces with the recipient.



Knights Ferry School-Grateful Bobcats

Gratitude week is made possible with ideas from the Look For The Good Project.