

The background of the entire page is a festive scene with numerous colorful balloons in shades of red, blue, yellow, green, and purple, along with small streamers and confetti scattered throughout.

Create U

Try this at home

A Create U self worth exercise to try at home with your family. This can be done around the dinner table, in the play room, in the car- wherever suits you!

Attitude of gratitude

WHAT: An exercise to increase thankfulness.

WHY: Being grateful redirects your child's thinking to a positive state. Talking about good things encourages good thinking, taking little minds away from negative thoughts and creating a positive environment, which will hopefully make the grown-ups feel good too!

HOW: Everyone at the dinner table says in the voice of a gameshow host - "It's the attitude of gratitude!"

You begin by sharing two silly things that you are thankful for, and one thing that is more meaningful, for example – "I am Thankful for this little pea on my plate, I am thankful for my big toe and I am thankful that you all came and sat down for dinner with me because I love spending time with you all."

Encourage your child to go next and repeat until everyone at the dinner table has had a turn.