

Children were eager to share what they are thankful for. Each child that shared their story did so with a huge smile on their face. Thankfulness is a socio-emotional habit that young children explore from an early age. Creating a gratitude tree helps young children express appreciation for the people and events that influence their lives. By understanding thankfulness young children can build sensitivities towards the feelings of others, develop empathy and other life-skills.

A yarning circle, used by Aboriginal people for thousands of years, is the practice of speaking and listening from the heart, for sitting together to talk, to listen and to share ideas and stories.