



***“Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom.” - Marcel Proust***

## **3 Steps to Developing an Asset-Based Approach to Teaching** **by Angela Di Michele Lalor**

### **Practicing Gratitude by Stephanie DeLucia and Dana Mutch**

November is a good time to practice gratitude.

Gratitude is mindful thankfulness and the ability to be thankful even when things in life are difficult. 2020 has presented many challenges, so it is important to teach our children to be thankful for everyday situations and opportunities. At Hebron Elementary School, students leave messages of gratitude to others in our Gratitude Jar. One exercise we can practice to help is the Gratitude Breath. Watch this brief video [link](#) to learn this mindful breathing technique.



**Professional Development Corner** Little Happier: What We Can Learn from Mark Twain’s Cat Who Sat on a Hot Stove - In this episode Gretchen Rubin shares that it’s important to make sure that we don’t learn the wrong lessons from pain, frustration, criticism, or failure. Like a cat, we want to learn not to sit on a hot stove - but maybe we still want to be able to sit on a stove that’s cold.



**The next issue of BrightFutures will come out on Sunday, December 6th.  
Happy Thanksgiving!**

**How can we help you? Please use this reference guide for contacting our Central Office Team for support.**