

Be a Youth First Family

Resources from Youth First Social Workers and Programs for parents and caregivers to use in the home.

Practice Self-Care

Create a Gratitude Jar

Gratitude has been shown to improve our lives in several areas. Showing gratitude opens the door to better relationships, improves physical and mental health, enhances empathy and reduces aggression, helps us sleep, improves self-esteem, and increases mental strength. Gratitude reduces stress and helps us overcome difficult situations. Gratitude is not always our first response in situations so it helps to practice gratitude daily.

Fill up a jar with written prompts. The prompts can be typed or handwritten on small slips of paper or even on jumbo wooden craft sticks. Fill free to add stickers, color, or anything to make it a bit more fun. Reflect on your own responses, and encourage children to talk about or journal their responses. Have a conversation with your children about their responses. Below is a list of possible prompts.

- Something beautiful I am grateful for is...
- A memory I am grateful for is...
- Something that is funny I am grateful for is...
- Something money can't buy I am grateful for is...
- Something in nature I am grateful for is...
- Something that is useful I am grateful for is...
- Something that smells amazing I am grateful for is...
- Something I did yesterday that I am grateful for is...
- My favorite place I am grateful for is...
- Something that I love to eat and I am grateful for is...
- Something that makes a beautiful sound and I am grateful for is...
- Something new I am grateful for is...
- Something unique about me I am grateful for is...
- The people I am grateful for are...

You can also make a Courage Jar with prompts like "Be brave, be bold, be you" or a Kindness Jar with prompts like "Tell someone that you love them."



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.