



## Positive Education

Newsletter 01 – Dec 2012

## GRATITUDE

### In brief

What is Positive Education?

Positive Education aims to share the knowledge and tools of positive psychology to enable parents and teachers to *raise flourishing children!*

Who is behind Positive Education?

Positive Education is started up by Sha-En Yeo, the 1<sup>st</sup> person in Singapore to hold a Masters in Applied Positive Psychology from U Penn!

2<sup>nd</sup> Positive Psychology Singapore Meetup!

Our next meetup to meet like-minded professionals will be in Jan 2012! Email [shaen@positiveedu.com](mailto:shaen@positiveedu.com) to indicate your interest!

### Welcome



Welcome to the 1<sup>st</sup> newsletter produced by Positive Education! This month, the focus is on *gratitude*. Last December, after spending a year in Philadelphia, my hubby, 20-month old baby and I were caught in the Boxing day snowstorm and were stranded at New York's JFK airport for over 15 hours, with little food and airport seats for beds. We finally arrived home after 40-plus hours on the road. Reporters asked what the situation was like in JFK and what it was like travelling with a baby. All we could say was that we were grateful to know we would soon have freshly cooked food, a soft bed to sleep on and loved ones to be with. Celebrate what you are *grateful* for this Christmas! J

### Research nuggets

Grateful people are:

- ♥ Healthier
- ♥ More joyful and hopeful
- ♥ More satisfied with life

They also:

- ♥ Sleep better
- ♥ Have better relationships
- ♥ Respond better to challenges

Emmons & McCullough, 2003

### 3 Good tips

- ♥ Be a role model. Share gratitude whenever you feel it. It could be as simple as 'I feel so grateful that it is a sunny day today!'
- ♥ Begin the day with your children/students by counting 3 blessings that happened the day before. Trace the people that contributed to the blessing and savour the memories.
- ♥ Start a gratitude list where everyone can contribute what they are grateful for when they feel the emotion. Anything could go on it – pets, people, things, events... Be creative!

Like these tips and nuggets?

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