



Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



Funded by the Montgomery County Office of Drug & Alcohol

Aldersgate's Awesome Activities Edition 3: Gratitude Scavenger Hunt

During this unprecedented time, we are all feeling stress and anxiety. **Aldersgate Youth Services Bureau** is committed to helping families manage these complex times. Located in Willow Grove, PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention & intervention services, and school-based social and emotional learning educational programming. Aldersgate also provides Student Assistance Programming (SAP) in schools throughout Eastern Montgomery County. Each week we will be helping families of elementary students work together to manage this crisis by offering fun engaging activities and useful resources to build positive family communication and to increase opportunities for healthy family interactions. Aldersgate's Awesome Activities are designed to help children recognize, name their emotions, and identify appropriate coping strategies.



During an international crisis such as a pandemic, it can be difficult to see the positive side of things. Everyone is scared, on edge, and information and guidelines change constantly. This is why it is even more important to focus on gratitude especially for children. **Dr. Robert Emmons** considered to be the world's leading expert on gratitude found that when people regularly engage in gratitude, they experience significant emotional and physical benefits, including:

- Higher levels of optimism, enthusiasm, love, and happiness
- They are kinder and more generous to others
- Have fewer physical problems including pain
- Better night's sleep
- Are able to cope better with stress and recover more quickly from stressful situations

Children who practice grateful thinking have more positive attitudes toward school and their families (Froh, Sefick, & Emmons, 2008). It also helps them step into someone else's shoes and practice empathy and compassion.

We've included a link to a gratitude scavenger hunt that can help you and your children focus on the positive and reflect on why you are thankful for what you have. Daily focus on even the smallest things to be thankful for can go a long way in one's mental health.

Laura Shapella, M.Ed.
Aldersgate SAP Counselor/Liaison

Gratitude Scavenger Hunt

Other gratitude resources:

<https://emmons.faculty.ucdavis.edu/gratitude-and-well-being/>

<https://gratefulness.org/>

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>

<https://www.mindfullittleminds.com/gratitude-for-kids-why-its-important-and-how-to-encourage-it/>

<https://www.youtube.com/watch?v=vUWicYBpoHY>

<https://www.hmhbkidsprogram.org/single-post/2017/09/03/The-Power-of-Gratitude>

Also, visit Aldersgate's You Tube Channel to access related video lessons on empathy. Link provided below.

Aldersgate's You Tube Channel

Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ info@aldersgateservices.org. If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Contact us for more resources:

Deborah Sapin-Feldstein, Executive Director

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Phone: 215-657-4545

Email: info@aldersgateservices.org

Visit our website

