

Welcome to *Hidden Sparks Without Walls*. We will be starting shortly...

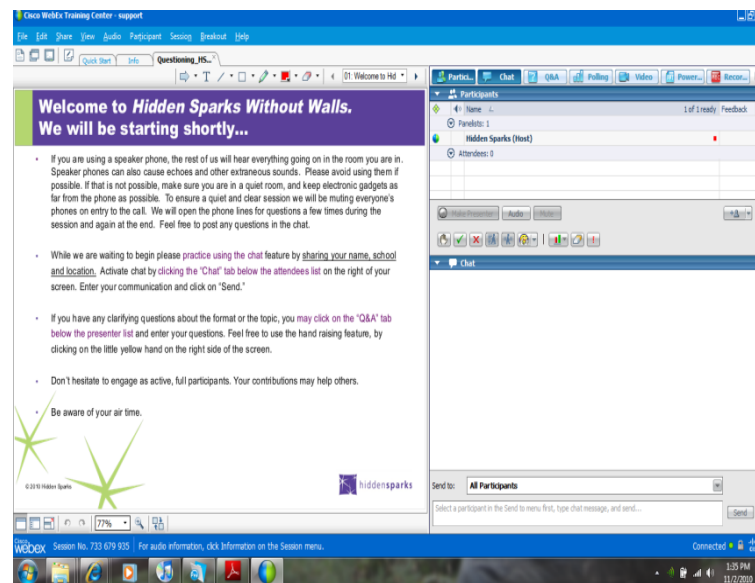
To alleviate background noise and ensure a quiet session, your phones have been automatically muted.

Questions and comments can be submitted via the **CHAT FEATURE**.

While we are waiting, activate the chat feature by clicking in the “Chat” tab that is located below the attendees list on the right of your screen.

When chatting, please remember:

- Select “**All Participants**” if you would like everyone to see your message. Select “**All Panelists**” if you would like only the presenter and facilitator to see your message.
- If you have any clarifying questions about the format, or the topic, you may click on the “**Q&A**” tab located below the presenter list and enter your questions.



ABOUT HIDDEN SPARKS

Hidden Sparks is a non-profit whose purpose is to help children with learning differences reach their full potential in school and life. Hidden Sparks develops and supports professional development programs for Jewish day schools to help increase understanding and support for teaching to diverse learners.

Guided by a philosophy that helping schools meet the needs of children with learning and behavioral differences will ultimately benefit all students, Hidden Sparks' programs combine professional development in learning and positive behavioral support, guided classroom observation and one on one coaching.

*Since inception, Hidden Sparks has trained **190 coaches in 65 Jewish day schools** in the New York Metro area, Baltimore, MD, Boca Raton, FL, and Chicago, IL, and 3 Israeli cities (Jerusalem, Ramle, Ra'anana).*

hiddensparks
without walls

***Giving Thanks – Cultivating
Gratitude in Children and Teens***

With Rona Novick, PhD

May 31, 2016



hiddensparks®
helping children reach their potential™

Our Guest: Rona Novick, PhD



Rona Novick, PhD, is the Dean of the Azrieli Graduate School of Jewish Education and Administration at Yeshiva University and holds the Raine and Stanley Silverstein Chair in Professional Ethics and Values. She holds an appointment as Associate Clinical Professor of Child Psychology at North Shore-Long Island Jewish Medical Center. Dr. Novick also serves as Co-Educational Director of the Hidden Sparks program, providing consultation to day schools and Yeshivas.

Overview of the Session

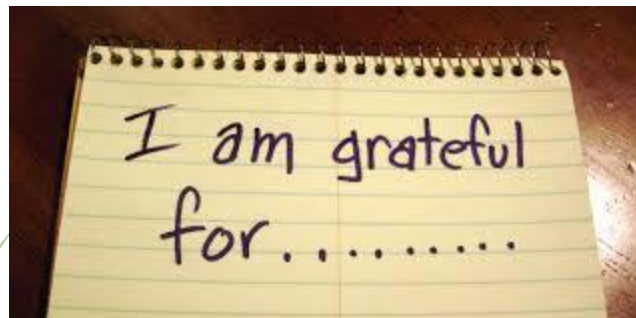
We will explore what gratitude is and why it matters – to adults and children.

We will consider how to cultivate gratitude in ourselves and our students and children.

We will choose a specific change action for ourselves.

Session Goals

- Appreciation of definition and value of gratitude – Jewish and other perspectives
- Recognition of tools necessary to cultivate gratitude
- Personal commitment to build our own, and our children's gratitude.



My Un-grateful Week

- Mom explains that after giving her child a prize, the child immediately says what she wants as next prize.
- 12 year old boy says “my sister is a pain, whatever my mom gives her, she wants more.”
- Adult making a *simcha* – complains about the expense and aggravation.



Will the Real Gratitude Please Stand Up?

- **Vote X for:** A child receives a gift for their birthday that they had asked parents to get for months. Child says thank you and hugs parents.
- **Vote check ✓ for:** Teen speaks at graduation and thanks the teachers for a “great senior year.”
- **Raise hand 🖐️ for:** Bar mitzvah boy announces to his parents that in recognition for the great summer program he has attended, he would like to donate most of his gifts to a scholarship to that program, so others could attend.

Words of Wisdom

We have grown in numbers, wealth and power as no other nation ever has grown; but we have forgotten God! We have forgotten the gracious Hand which preserved us in peace, and multiplied and enriched and strengthened us; and we have vainly imagined, in the deceitfulness of our hearts, that all these blessings were produced by some superior wisdom and virtue of our own.

- Abraham Lincoln



More Than a Feeling

Cicero and Seneca conclude:

Gratitude is an action of returning a favor and is not just a sentiment. By the same token, ingratitude is the failure to both acknowledge receiving a favor and refusing to return or repay the favor. Just as gratitude is the queen of the virtues, ingratitude is the king of the vices.

A Jewish Perspective – What's in a Name?

וַתֵּהָר עוֹד וַתֵּלֶד בֵּן וַתֹּאמֶר הַפֶּעַם אוֹדָה
אֶת־יְהוָה עַל־כֵּן קָרָאתָ שְׁמוֹ יְהוּדָה וַתַּעֲמֵד
מִלֶּדֶת:

35 And she conceived again, and bore a son;
and she said: 'This time will I epraise the
LORD.' Therefore she called his name
Judah; and she left off bearing.

Rashi comments:

"I have taken more than my share, so I now need to give thanks".

The Centrality of Gratitude to Jewish Practice

In the future, all sacrifices will be abolished except for the thanksgiving offering. All prayer will be abolished except for prayers of gratitude.

Vayikra Rabbah, 9:7

Defining Gratitude



- Acknowledgement that one has been the recipient of benefits freely bestowed by others.
- A felt sense of wonder, thankfulness and appreciation for life.

Why This Matters

- Positive relationships, connection to a caring community.
- Park and Peterson (2006) - strong predictor of life satisfaction.
- Increased protection from stress and depression.
- Children - optimistic, more satisfied with school, family, community, friends, and self.
- Teens - better their community, higher grades, less envious, depressed, and materialistic.

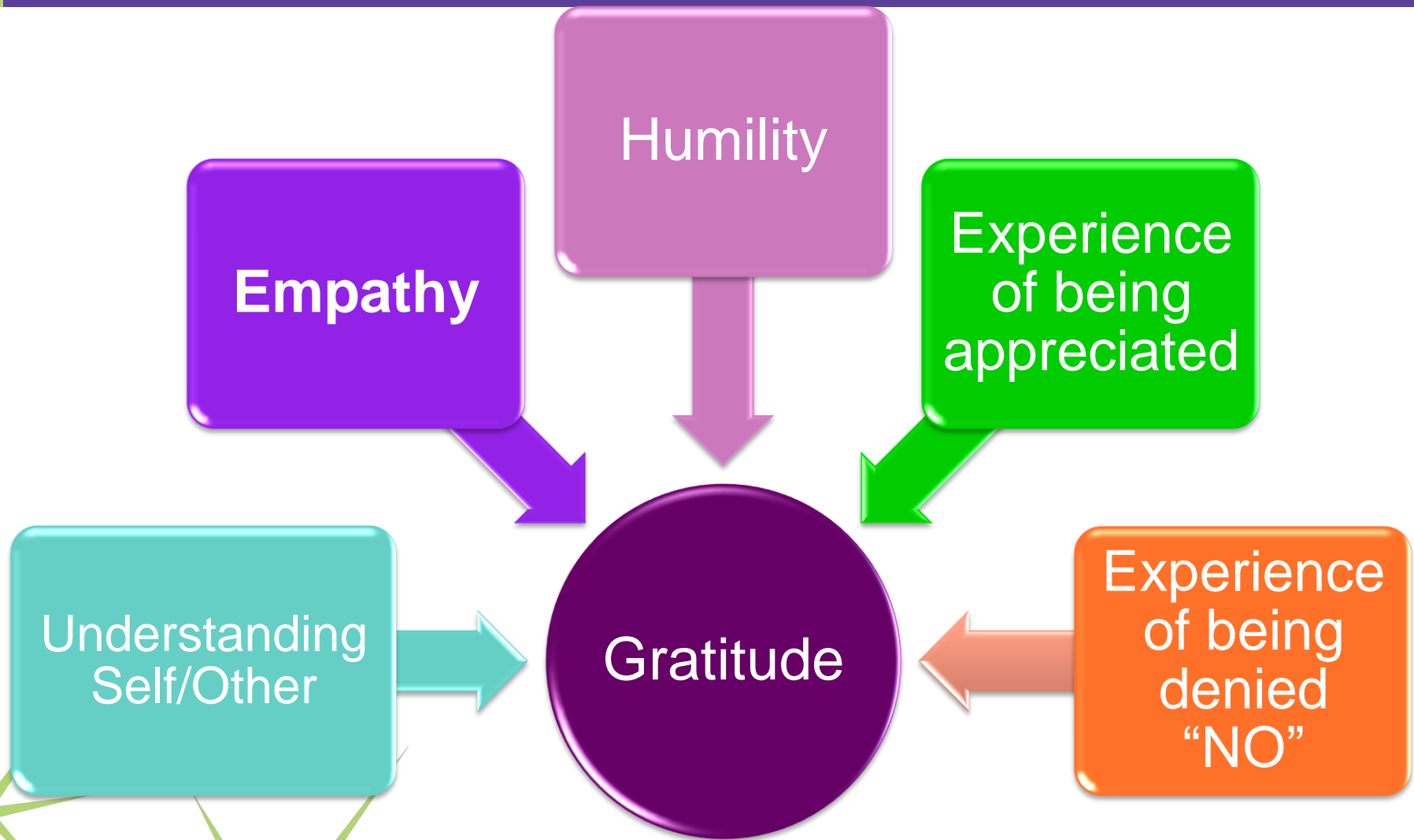


The Developmental Perspective

- No one is born grateful – infants are epitome of self-centeredness
- Early recognition of others as care-givers/providers
- Toddlers can be grateful for acts of kindness as well as things
- Temperament plays a role – need for novelty, sensitivity/reactivity
- Adolescence – egocentrism returns, coupled with focus on peers



Essential Ingredients



Use the chat to add ingredients

Awe-Some!

When we see a grand vista, experience inspiring art, ponder inner strength of a great person, we may experience

- 1) sense of vastness
- 2) a new perspective on world and our place in it.

Awe makes us feel

- very small
- we're in the presence of something greater than ourselves.
- may lose awareness of “self” and feel more connected to the world around us.



General Gratitude Cultivators

Surprise – the
opposite of coming to
“expect”
something/entitlement

Sharing history of
managing hardships

Helping those who do
not “need” help

Teach that attitude is
a choice

Choose experiential
gifts, rather than
things

Monitor media – teach
educated
consumerism

Three Steps to Cultivating Gratitude

- Value
- Live
- Teach



Value-ing Gratitude

How do children know what we value?

- “Airtime” – use the chat to share something you said to or in front of children that demonstrated your value of gratitude
- Time and other resources – think of the last time you showed appreciation through an action, gift, etc. Did your child/students know?



Live-ing Gratitude

- We are models – 24/7
- Avoid Hypocrisy
- Much of our gratitude is private
- Make it overt – talk to yourself!



Teach-ing Gratitude

- Beyond manners – teach for feeling
- Practice in low-intensity situations – anticipate challenges
- Acknowledge/Thank your child's/students' efforts
- Concrete activities – thank you notes, gratitude journals



What Will You Do?

- Can we each make a commitment to be more grateful?
- What will you do – if you like, share it on the chat room
- Some ideas:
 - Gratitude journal
 - Something I'm thankful for dinner table discussion
 - A thank you letter (sent or not) to someone
 - Pay it forward
 - Read Give and Take – Adam Grant



Piglet noticed that even though
he had a very small heart,
it could hold a rather large
amount of gratitude.

~ A.A. Milne





Upcoming Hidden Sparks Without Walls Sessions

*Thank you for participating
in our 2015-16 Hidden Sparks Without Walls season.
We look forward to “seeing” you next year!*

**If you are interested in bringing
Hidden Sparks
to your school or city, or have questions about our summer
course, please contact us at:**

[212-767-7707](tel:212-767-7707) or sara@hiddensparks.org

Contacting Hidden Sparks

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