



QuickBites



Happier Holidays

Gratitude, derived from the Latin word "gratia," meaning grace and gratefulness, is more than just saying "thank you." It's about appreciating the goodness in our lives, often coming from sources beyond ourselves. Research in positive psychology consistently shows that gratitude is strongly associated with greater happiness, positive emotions, and improved mental health.



Encouraging your children to practice gratitude can have a profound impact on their well-being.

In one Harvard study, participants who were tasked with recording early memories or writing letters of gratitude rated themselves significantly happier after the study was completed. By working these kinds of exercises, you can help your child connect to something larger than themselves, foster positive emotions, and strengthen their relationships. **Turn page for coloring fun!**

Learn more: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Healthier Holidays

We often find ourselves gathered around food this time of year, which often accompanies celebrations with family and friends! But from a health-perspective, it's also good to be mindful about how we move through the season.

Heather Tressler, a registered dietitian at Penn State Health Milton S. Hershey Medical Center, shares expert tips:



1. Moderation is Key:

Special holiday meals and once-a-year treats are part of the season's charm. Enjoy them without guilt, but watch portion sizes to maintain balance.

2. Balance Your Plate:

While relishing holiday favorites, remember to include vegetables and protein in your daily diet. Honoring your hunger and avoiding perfectionism are essential.

3. Keep Moving:

Despite holiday distractions, maintain exercise. Even 20-30 minutes of daily activity, like indoor workouts or outdoor strolls, can alleviate stress.

Use these tips to savor all the flavors this holiday season, while being mindful about the healthy habits we all want to learn and share as a family!



Learn more: <https://www.psu.edu/news/hershey/story/medical-minute-tips-staying-healthy-season-sweets/>

Helpful Holidays

America Recycles Day, celebrated annually on November 15th, provides an excellent opportunity to educate students about the importance of recycling and its impact on their well-being.

Recycling is more than just separating plastic, paper, and glass. By participating in recycling initiatives, children learn to reduce waste, conserve natural resources, and decrease pollution – all of which contribute to a cleaner, healthier environment. Engaging in recycling activities also fosters a sense of community and cooperation, as children work together towards a common goal.

This America Recycles Day, encourage your student to participate in recycling programs at school and at home. Together, we can raise a generation that not only cares for their well-being, but also for the well-being of the Earth.

Learn more: <https://www.epa.gov/circulareconomy/america-recycles-day>
in schools across the country.



