

**Be My
Neighbor**



**GROW YOUR
GRATITUDE**



Daniel Tiger shows that having an attitude of gratitude is important for both adults and children. Research shows that being grateful has many benefits, including increased happiness and longer life-spans. Children with grateful dispositions have more positive attitudes at school and home. To cultivate an attitude of gratitude, start by saying thank you more often to your friends and family members. As you do, positivity will spread through your neighborhood. Growing your gratitude will strengthen your relationships and help you build a strong community!

RESOURCES

[Tips for Raising Grateful Children](#)
[Cultivating Gratitude to Boost Your Health](#)
[Scientifically Proven Benefits of Gratitude](#)
[Why Gratitude is Healthy](#)

DANIEL TIGER'S NEIGHBORHOOD APPLICATION

"Thank you – those are the most important words in any language."

-Fred Rogers

Daniel Tiger learns the importance of being grateful in episode 114, "Thank you Grandpere Tiger!/ Neighborhood Thank You Day." He learns to be thankful for his family members and neighbors, and shows them with a thank you note. Watch this episode and download our printable thank you card to apply this lesson of gratitude with your children.

Learn more about Daniel Tiger and watch these episodes [here](#).