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More Thanks, Less Whine

Helping Kiddos whine Less
and have an Attitude of
Gratitude!

Everyone has times when they feel like whining. Everyone has times when they struggle to be grateful.

However, living with an attitude of gratitude makes life so much more enjoyable (and less whiny!)



It's okay to have times of whining and "woe is me," but you don't want to get stuck there, so...

Set a time limit for yourself and then move on!

(suggestion: 5 minutes)



**5
Minutes**

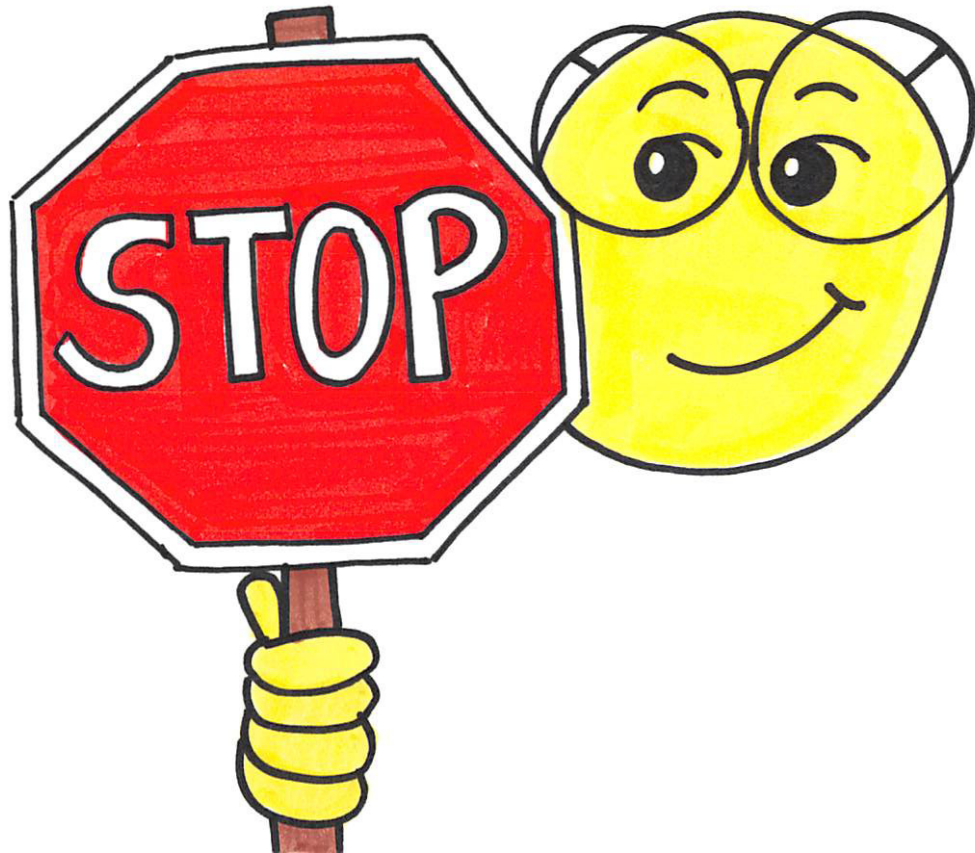
If you are having a day when you feel whiny and cantakerous, try distracting yourself doing things you enjoy.

- Draw
- Paint/color
- Write
- Exercise
- Play
- Watch T.V./ a movie

- call a friend
- Play a game
- Take a walk



When you catch yourself
whining, just tell
yourself to stop!
(It's super simple, but it works!)



To build an attitude of gratitude, begin and end each day thinking about what you are grateful/thankful for.



If you struggle to think of things you are thankful for, here are some ideas to get you started:

● Shelter

● Food

● Family

● Friends

● Education

● Kindness

● Toys

● Play

● Sunshine

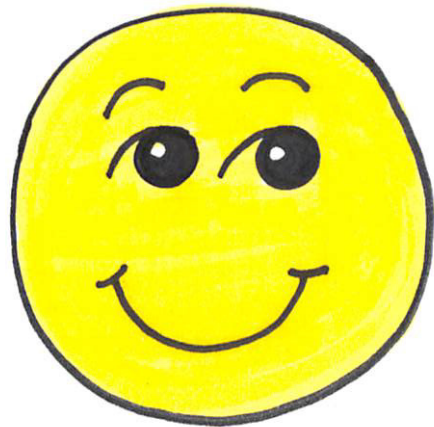
● Seasons

● Love



There is
ALWAYS
SOMETHING
to be
thankful
for

When you have a day that you know you will probably be whiny (some days you just know), make an effort to look for the good throughout the day!



Good

If someone points out that you are whining (a parent), take it as a cue to stop and adjust your attitude.

Honey, I'm hearing a lot of whining today...



Try this: for every time
you catch yourself whining,
think of something you are
thankful for.

Change your
whine into
thanks



If you simply cannot seem to stop whining, think of something silly to "snap yourself out" of whining...

Example: think of calling a "Waaaa-ambulance" for your whining 😊



If you think all of this not
whining and being thankful is
nonsense, remember - living
with gratitude actually
makes you happier!



So, to recap:

- Living with gratitude actually makes you happier!
- Whining less actually makes you happier (not to mention those around you!).
- Being grateful actually makes you whine less!

Don't Forget:

You are **Brave** and
you are **STRONG!**

You can be **more**
thankful and **less**
whiny!



