

Just in time for the holidays, "Finding Gratitude With Sandy" releases - perfect for teaching children gratitude

Receiving rave reviews, this new children's classic is a fun and easy way to teach gratitude to children! #gratitudeforkids #childrensbooks #positiveparenting #emotionaldevelopment #childrensclassic



Dallas, Texas Nov 19, 2024 ([IssueWire.com](https://www.IssueWire.com)) - "[Finding Gratitude With Sandy](#)" was released last month to rave reviews. The book is a joyful exploration into finding gratitude that encourages young

minds to look for the blessings all around them every day.

“I have eight grandchildren and truly want to see them grow up to be healthy, positive, happy adults. I can't wait to share this amazing book with all of them as I believe you can't start early enough with teaching gratitude. I want them to look for the glass half full, not half empty. This is beautifully done and teaches the concepts in a fun and engaging way. Love it!” states Ms. Sewell, a five-star reviewer on Amazon.

Sandra M. Bell authored the book for parents, grandparents and teachers who want their children to grow up to be happy, positive adults. Establishing habits of gratefulness early helps children learn to choose their positive state moment by moment, and to look for the good and the opportunity that surrounds them. These habits create a positive mindset that will serve them into adulthood and all their lives.

The main character in Bell's book “Finding Gratitude With Sandy” lives the joys of gratitude throughout the book as she subtly [teaches children how to practice gratitude](#).

“Many times gratitude is presented to our young in the negative such as, ‘You should be more grateful’ or ‘You need to be thankful,” says Bell, “when gratitude is the attitude! It is the gift that keeps on giving. The more you feel blessed, the more you are blessed. This book demonstrates how gratitude is the most joyous attitude you can have. Feeling blessed and grateful for ‘what is’ provides peace, contentment and happiness - keys to a happy life.”

Sure to be a [new children's classic](#), the book contains memorable rhymes and gorgeous imagery that's perfect for engaging children ages 4 to 7. Many adults mention they love it too as a great reminder and reset. Teachers are finding the book to be a great teaching tool as well. There are many concepts to point out and discuss. As well, there are practice pages in the back where children can practice their gratitude with an adult when they are young or by themselves as they begin practicing handwriting.

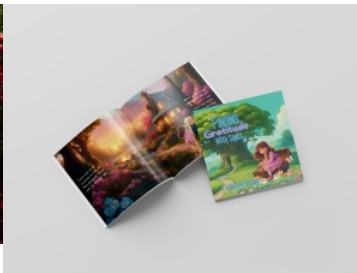
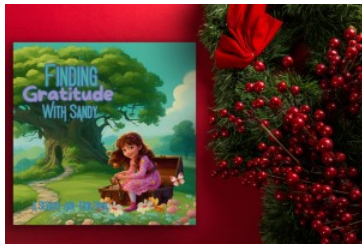
“This was an excellent book on gratitude. I wish I had this book to teach from when I had my own elementary classroom. It has an amazing message and the pictures are splendid. You will want any child you know to have this book in their hands,” said Ms. Lawson, a retired teacher and five-star reviewer of “Finding Gratitude With Sandy”.

Reading “Finding Gratitude With Sandy” with or to your children can promote their mental health and wellbeing. Habits of gratefulness help individuals feel more positive emotions and relish good experiences. Gratitude is also known to help improve sleep, mood, and immunity according to the Mayo Clinic. Gratitude practices also help build resilience and better relationships. Teaching gratitude to children is a great path to watching them become positive, successful, resilient, and happy adults. This book can be an easy and fun go-to for the precious work of teaching gratitude to our children.

“[Finding Gratitude With Sandy](#)” can be found in paperback, ebook and hardcover on Amazon. The hardcover can be found online at major retailers such as Barnes and Noble, Target and more.

About the Author - Sandra M Bell

Bell is the founder and publisher of a popular blog called ‘Trekkin’ The Life Authentic’ at [SandraMBell.com](#). Her mission there is to help individuals realize their strengths and worth and to provide the social and emotional intelligence tools for powerful personal transformation. She is an advocate of “doing the inner work” to create a better life.



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