

Santa ad suggests social and emotional learning gifts can be gifts that keep on giving

"Finding Gratitude With Sandy" a fun and easy way to teach gratitude to children!
#gratitudeforkids #childrensbooks #positiveparenting #gratitude



Flower Mound, Texas Dec 6, 2024 ([Issuewire.com](https://www.Issuewire.com)) - [A Santa ad](#) running on various social media outlets including Youtube, extols the value of giving small children a social and emotional learning book for Christmas. The thought is why not give them positive habits that can serve them all their lives.

[“Finding Gratitude With Sandy”](#) is a joyful exploration of gratitude that encourages young minds to look for the good all around them every day. All parents and grandparents want their littles to grow up to be happy, positive adults. Establishing habits of gratefulness early helps children learn to choose their positive state on the daily and feel blessed for both the small and big things in their lives. In the vividly colorful world of this book, little Sandy says, “It’s about a magic emotion, I can conjure from air” because she has realized that gratitude is a powerful catalyst for happiness that she can choose.

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 our young ones early is a great path to watching them become positive, successful, resilient, and happy adults. Teachers, parents and grandparents are giving “Finding Gratitude With Sandy” rave reviews.

“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, five-star Amazon reviewer.

Sandra M. Bell authored the book as a fun social emotional learning tool for those 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 how she practices it.

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.

[“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. If it is close to Christmas, the paperback is the best option as it is delivered fairly quickly. The hardcover takes several weeks to deliver, so should not be ordered if there is a close time requirement.

#gratitude #positivevibes #positiveparenting

About the Author - Sandra M Bell

Bell is the founder and publisher of a popular blog called ‘Trekkinn’ 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.

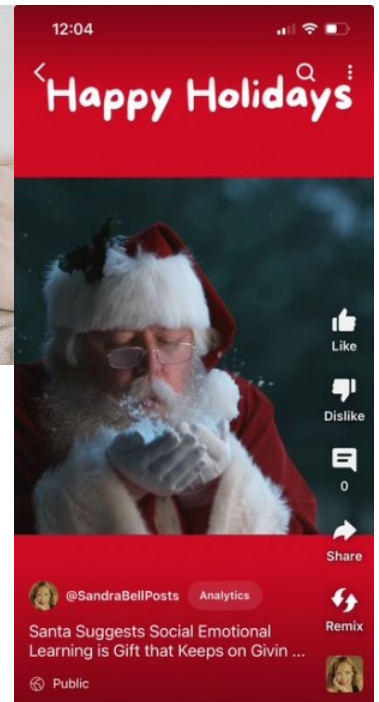
Contact Information

Sandra M. Bell
Dallas, Texas
USA

Book Link: [Info](#) on the book

Website: [Visit Our Blog](#)

Follow Us: @sandrambell on Instagram and TikTok



Media Contact

Sandra M Bell

sandybell@sbellinc.com

972-800-1745

1921 Protea Dr

Source : Sandra M Bell

[See on IssueWire](#)