

Barrie

31 days of Gratitude

Help us empower our students to express their gratitude!

What is Barrie's 31 Days of Gratitude?

Barrie's 31 Days of Gratitude is a school-wide initiative focused on exploring and practicing gratitude in our lives. As we begin a new year, it is the perfect time to reflect on the people and actions that elevate our lives and experiences. Showing gratitude is an important part of who we are as humans. It strengthens our relationships, and studies show that practicing gratitude makes us happier and more compassionate people.

In the Montessori environment, gratitude is a key component of Grace and Courtesy, Peace Education and Practical Life Skills. Maria Montessori understood the value in fostering a grateful nature in children and helping them become compassionate citizens.

In Prep, students regularly share appreciations at community meetings and have practiced strategies to build more kindness into their daily experiences at Barrie.

How can I participate?

Challenge yourself and others to take time during each day to reflect on gratitude in your life. Follow Barrie School on Facebook and Instagram for messages of gratitude and look for a weekly email from Barrie that will highlight gratitude across campus.

Giving Gratitude

As we reflect on gratitude as a community, it's a good time to think about those in the past that gave us what we have today. It is also a time to recognize and give back to people and places who are currently making a difference in our lives. At Barrie, the Annual Fund is essential to helping us support each student and show gratitude to our amazing faculty and staff. We are grateful for those who support Barrie through both service and philanthropic gifts. Please take time to show your gratitude through a gift to the Annual Fund during the 31 Days of Gratitude, by visiting barrie.org/giving.

Begins Jan. 15
Ends Feb. 14

These dates were selected to coincide with the following national days of gratitude:

Jan. 21: MLK Day
a national day of service

Jan. 28 through Feb. 1:
Great Kindness Challenge

Feb. 14:
Valentine's Day

