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**KENAI PENINSULA BOROUGH SCHOOL DISTRICT**

## NEWS RELEASE

### *In 21 days, renew your life with resiliency and calm: join in the KPBSD 21 Day Thankful Invite*

**Soldotna, November 24, 2020—Do you know that if every day, for 21 days, you pause three times to identify someone or something that you are grateful or thankful for, you can rewire your brain for happiness and resiliency?** The Kenai Peninsula Borough School District invites students of all ages, families, staff, and the community, to participate in a Districtwide 21-Day Thankful Invite during November and December 2020.

**Free 21-Day Sources of Strength Thankfulness journals** are arriving to a location around the Kenai Peninsula during Thanksgiving week, or families and students can receive theirs when picking up "Get-It-And-Go" meals at schools. [Everyone can download the free PDF Thankful journal.](#)

**The invite:** watch a KPBSD [YouTube video with Pegge Erkeneff, KPBSD Director of Communications, who offers an invitation to you.](#) She says, "Practicing gratitude helps us to be more positive, joyful, kind, and resilient. Plus, especially in a pandemic, it can have a significant positive impact on our mood in daily life. Times are challenging right now for many of us, and every positive act can help us navigate easier. What are you thankful for today? It could be someone, or something. Think about it—what moves your heart, or catches your attention? It can be really simple!"

Simply orientate yourself to appreciation and be willing to be surprised what you discover!

[Read the KPBSD Thankful Invite story for ideas:](#)

- Share a round robin during a meal, and listen to each person tell one thing they are grateful for that day, with no judgment. Simply listen to each other.
- Choose a friend, partner, or child, and make a promise to share your thankful word or sentence about what you are grateful for. Do it each day for 21 days
- Before you go to sleep, let the memory of the day pass through your mind, and choose one or more people or things you noticed that evoked gratitude or calm in you. Quietly acknowledge, *Today I'm thankful for...*
- Say thank you to someone when you notice their act of kindness or service

Help KPBSD schools share gratitude and build resiliency in our communities. We all need it. Together we can be #KPBSDstrong, #KPBSDthankful, and #Thankful2020

**KPBSD: ONE DISTRICT, FORTY-TWO DIVERSE SCHOOLS**

The mission of the Kenai Peninsula Borough School District is to empower all learners to positively shape their futures.  
ANCHOR POINT COOPER LANDING HOMER HOPE KACHEMAK SELO KENAI MOOSE PASS NANWALEK NIKISKI NIKOLAEVSK NINILCHIK PORT  
GRAHAM RAZDOLNA SELDOVIA SEWARD SOLDOTNA STERLING TUSTUMENA TYONEK VOZNESENKA

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