

Thankfulness

Sharing and Gratitude

Sharing with others is a great bounty. Even if we do not have a lot ourselves, we gain happiness from the gift of giving. Make or purchase some food to share with friends. Discuss gratitude as you share the food together. Friendship is one of the greatest blessings. What good are food and possessions if we cannot enjoy sharing them with others?

Grateful Game

List everyone and everything you are thankful in your life. Take turns saying, "I am grateful for..." and try to find as many things as you can to be grateful for.

Creating a Blessings Journal

Make or purchase a booklet to keep an ongoing list of blessings, a place to record special moments you share with friends or family which you would like to always remember. Keep it somewhere central (like beside your phone) that everyone has access to. Being grateful makes life even sweeter.

Collage Activity

Let the child draw pictures of things they are thankful for and create a collage. There are so many things around our homes, school and community that we can forget to be thankful for.

The Thankfulness Tree

Create a large tree and cut out leaves. On the leaves write things you are thankful for. Thankfulness fills us up and reminds us how beautiful is, just like when we add leaves to the Thankfulness Tree. Add leaves to your tree for a few weeks.

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Ways We Are Thankful

List each family member and three things you appreciate about them. Then write or draw a picture of one way you can show them how thankful you are. Read the list out over a family meal so everyone can be grateful together.

Thank-You Card

Invite the children to create a thank-you card for someone who has done something kind for them. Encourage them to use their creativity and provide them with as many materials as possible. Please encourage the children to give the card to the recipient.