

Thankfulness

- **Ask:** the children... What things make them happy?
- **Activity:** Do a scavenger hunt with the children: Ask the children
 - find something that makes you happy
 - find something you could give to someone that would make them happy
 - find something you like the smell of
 - find something you like looking at
 - find something that is your favourite colour, and finally...
 - find something you're thankful for.
- **Sing:** Great Big God <https://youtu.be/eSTfM8M2Md8>, Superhero <https://youtu.be/1FY4C930M2Y>, Wiggle Freeze https://youtu.be/tM_wGFVBBmA, Wiggle like a worm https://youtu.be/_YenZbKXiYg, Jesus love is very wonderful <https://youtu.be/VC4eb8Pk-3g>, or Thankful by The Juicebox Jukebox <https://youtu.be/YeSdQmO51Ps>.
- **Talk:** What is thankfulness? Being thankful is being happy with what you have, with what God has given you and not wanting more. Let's see if Micah and his friends are being thankful today.
- **Watch/Read:** Micah's supervlog 'Gabe's Donut Dilemma – a lesson in Thankfulness' at <https://www.micahssupervlog.com/watch> or watch Lottie's Thankfulness video on YouTube at <https://youtu.be/--gkO4TjRD8> and read 1 Thessalonians 5:16-18.
- **Discussion:** Gabe was sad because his donut had a hole in it and was not filled with jam/jelly goodness. What did his friends say he should do? **He should be thankful for what he has.** We don't always have everything that we want, but we can be thankful for what we do have. Gabe then lists things he is grateful for, so what are you grateful for? **Our parents, friends, family, houses, food, water, warm beds, clothes, school, teachers, things that make us laugh, fun times, hugs, neighbours, plants, trees and cake!** The Bible tells us how God always took care of his people and he promises to take care of you too. 1 Thessalonians 5: 16-18 says "Rejoice always, pray continually, give thanks in all circumstances." God wants us to be thankful for what we have in all circumstances, even if those circumstances or situations are tricky and hard! By thinking of what we are thankful for, we stop thinking about what we don't have or are struggling with and we think about the things we *do* have, the good things God has given us. This helps us to thank God and takes our minds off things we don't have. How can you be thankful this week?
- **Pray:** Dear Jesus, thank you that you are the giver of good gifts and you provide us with what we need. Forgive us for times when we have not been thankful. Help us to remember to give thanks for all we have in all situations. Amen.
- **Make:** 'Thankful paper chains'. You will need: colourful strips of paper or plain paper strips and decorate them, felt pens, stickers and a glue stick. Take your first strip of paper and write "Things I am" on it. On the second strip write "Thankful for" on it. Then on all the other strips write things you are grateful for e.g. food, warm bed, house, water, friends, family, lights, TV, toys and so on. Try and write as many as you can and decorate the strips with patterns, pictures and stickers to make them look pretty. Then make a paper chain out of them by taking your first strip with "Things I am" on and gluing one end of the strip to the other to make a circle. Then thread the 2nd strip with "Thankful for" on it through the 1st circle and glue its ends together and so on until all your

paper strips are linked together like one long chain. Then you can hang it up in your house or room to remind you to always be thankful.

- **Make:** 'Thankfulness Jar'. You will need: a jam jar/mason jar, ribbon, string, or twine, white card, or paper. Take the ribbon, twine or sting and wrap it around your jar just underneath the neck and tie it in a bow. You could make a gift label for the jar and write "Thankfulness Jar" on it. Then tie the label onto your jar. Decorate your jar with Sharpies or stickers. Then cut the white card into 2cm wide strips and write "I am thankful for..." or "I am grateful for..." and leave the strips with the jar somewhere where all the family can access them. Whenever you need to be thankful, write what you are thankful/grateful for on one of the strips and put it in the jar. At the end of the week get all the family together and have a look at what you've been thankful for. You could even use it to pray and thank God for all the things you have been thankful for that week.
- **Print:** The activity sheets below.
- **Play:** 'Thankful pickup sticks'. Using some coloured sticks/straws/strips of card take turns to pick up a stick/strip then depending on the colour name what you are thankful for. **Red: -a person you are thankful for.** **Blue: Food you are thankful for.** **Yellow: A place you are thankful for.** **Green: Anything your thankful for!** **Orange: A drink your thankful for.** **Black: An animal you are thankful for.** Play until everyone has picked up one of each colour...
- **Finish with a drink and biscuit**



15 Best Gratitude Activities for Kids



Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



www.simpleacresblog.com



Gratitude Chain

for Thanksgiving



Free printable activity from Carla Schauer Studio

Thankfulness Jar



I am *grateful* for: _____

I am *thankful* for: _____

I am *grateful* for: _____

I am *thankful* for: _____

I am *grateful* for: _____

I am *thankful* for: _____

I am *grateful* for: _____

I am *thankful* for: _____

I am *grateful* for: _____

I am *thankful* for: _____

Wheel Of Thankfulness

Gratitude activity for kids.



GRATITUDE GAME

-  Name a Person You are Thankful for
-  Name a Place You are Thankful for
-  Name a Food You are Thankful for
-  Name a Thing You are Thankful for
-  Name Anything of Your Choice

Teach Beside Me



**TEACH
BESIDE ME**

Gratitude

Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that your feel grateful for.

GIVE THANKS



THANKFUL





I am
thankful.

A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V _____
J _____	W _____
K _____	X _____
L _____	y _____
M _____	Z _____

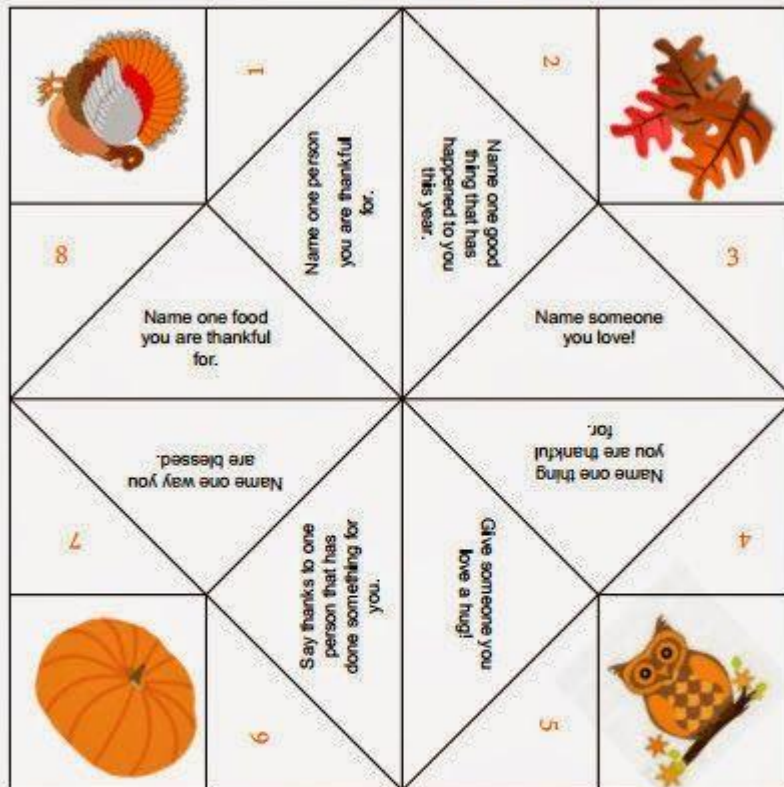
Free Thanksgiving Printables
I am **Thankful** for...

Naturalbeachliving.com

I am thankful for...

Happy Thanksgiving from NurtureStore

Thanksgiving Cootie Catcher



1. Print and cut around outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher!

www.thecountrychiccottage.net

Template from www.downloadablecootiecatchers.wordpress.com