

Write or draw three things you are really thankful for that are special or important to you.

Ask someone to pick a number, then ask them the question.

1 What can you be thankful for today (or this week)?	2 Why is it sometimes hard to be thankful?
3 Why is it important to be thankful?	4 Name three everyday things we take for granted.

LIVE LIFE TO THE MAX

## 03. Thankfulness

This week we learned:

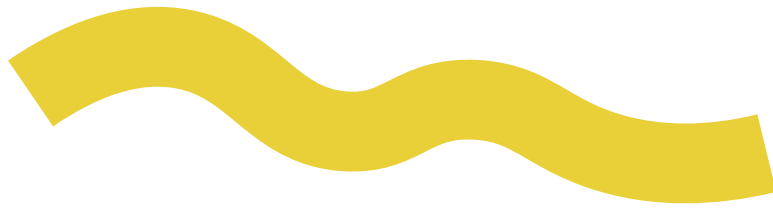
1. There are lots of things we can be thankful for.
2. It is good to be thankful for the things we have.
3. It's good to say "thanks" to people.
4. Don't compare ourselves to others.
5. Being thankful makes us happier.

Why not tell one person at home what you learnt about thankfulness today!



Watch the film again

[www.1010.org.uk](http://www.1010.org.uk)



# Activity

Experiment with these ideas and see what difference it makes to you in this next week!

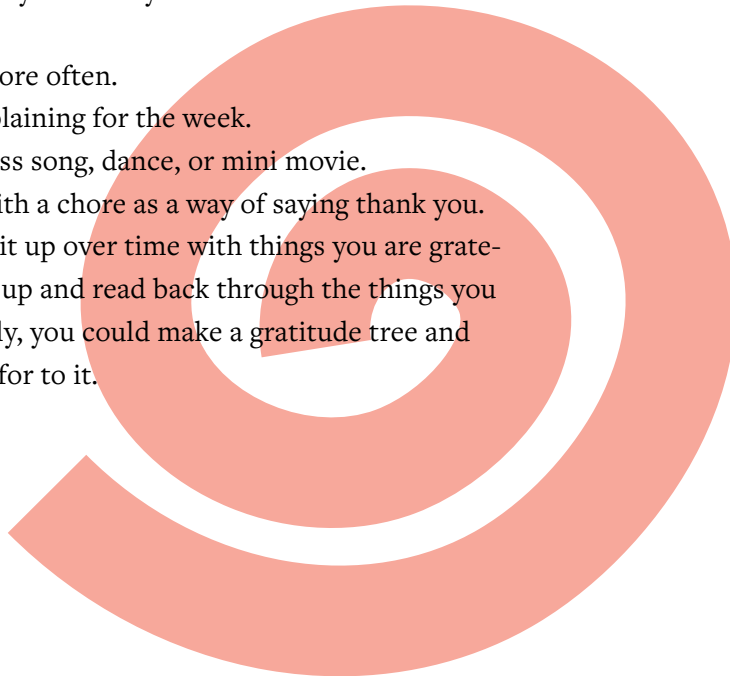
Circle the face that matches how you feel after trying something this week.



Tick if you've done it!

### 1. At home, for yourself

- Write down three things you are grateful for at the end of each day for a week.
- Write a thank you letter.
- Keep a gratitude journal.
- Say thank you to members of your family.
- Write a prayer of thanks.
- Practice saying thank you more often.
- Make an effort to stop complaining for the week.
- Create your own thankfulness song, dance, or mini movie.
- Offer to help out at home with a chore as a way of saying thank you.
- Make a gratitude jar and fill it up over time with things you are grateful for. Occasionally open it up and read back through the things you are thankful for. Alternatively, you could make a gratitude tree and add things you are thankful for to it.



Think of something for each letter of the alphabet you can be thankful for. You could do this on your own or ask other people to play with you. See who can answer the quickest or come up with the most things for each letter.

- |                |                |                |
|----------------|----------------|----------------|
| <b>A</b> _____ | <b>J</b> _____ | <b>S</b> _____ |
| <b>B</b> _____ | <b>K</b> _____ | <b>T</b> _____ |
| <b>C</b> _____ | <b>L</b> _____ | <b>U</b> _____ |
| <b>D</b> _____ | <b>M</b> _____ | <b>V</b> _____ |
| <b>E</b> _____ | <b>N</b> _____ | <b>W</b> _____ |
| <b>F</b> _____ | <b>O</b> _____ | <b>X</b> _____ |
| <b>G</b> _____ | <b>P</b> _____ | <b>Y</b> _____ |
| <b>H</b> _____ | <b>Q</b> _____ | <b>Z</b> _____ |
| <b>I</b> _____ | <b>R</b> _____ |                |