

Thankfulness - A 'Thank you' Walk

In Genesis, chapter 1, the first book of the Bible, it says

'and God saw everything that he had made and it was very good'

When you go out for a walk in the countryside, in your garden, in your street with your family or household take this list with you

Look out for:

Something that makes you happy

Something bright and colourful

Something you can touch safely

Something in your favourite colour

Something that took a long time to grow

Something you or an adult can take a photo of or draw when you get back home

Here are some ideas:



As you tick off the list of things say 'thank you' to God for them.

Try to say 'thank you' 20 times today for things you do not often say 'thank you' for.

How does it make you feel?

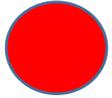
If you cannot get outside for a walk use the pictures above and pictures in a book to choose things to complete your list

Thankfulness - A 'Thank you' Game

Either print off this sheet or on another piece of paper write down the colours and actions for each as below



Name a place you are thankful for



Name a person you are thankful for



Name a thing you are thankful for



Name an animal or bird you are thankful for



Name anything you are thankful for



Name a food you are thankful for



Name an item of clothing you are thankful for

How to Play:

Play a game with one or two other people in your household

Put the shapes down on a table or floor so they all look the same

First player picks up a shape and links the colour on the back with what to say to say 'thank you' for on the list.

When the player finishes the shape is put back where it was. (As others have their turn try and remember where the different colours are)

First player to complete all the colours is the winner (keep a record of which colours you have answered)

If you pick the same colour twice do not duplicate your answers.

Use your answers later to remind you to say 'thank you to God' for all of them.

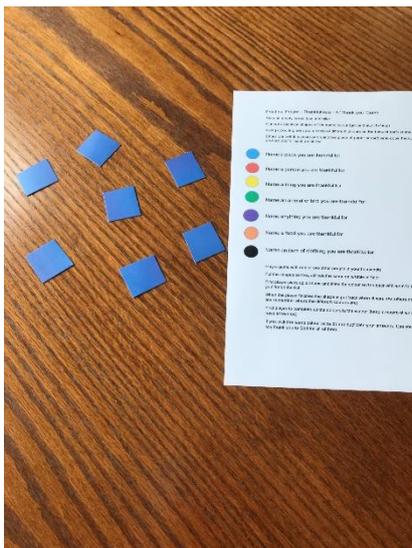
How to make your 'Thank you' game

Take an empty cereal box or similar

Cut out 7 identical shapes of the same colour (get an adult to help)

Using colouring pens put a circle of different colours on the back of each shape

Print off the instructions or write them down



Put the shapes down on a table or floor so they all look the same

Then play your game as many times as you like.

Thankfulness - Create a 'Thank you' wall.

In the bible (in St Paul's letter to the church at Philippi - Philippians chapter 4v 6)

It says:

'Do not worry about anything, but pray and ask God for everything you need always giving thanks for what you have'



Sometimes we forget what we already have in our lives

This week write or draw the things or people you are thankful for on post-its or on paper

Those people or things you have but don't always think about

Then post them (or use blu-tac) onto a free wall or cupboard in your home

Some ideas: family hugs, meal times together, Jesus as a friend, seeing friends on-line, my health, nature, animals, people who care for me

You will be surprised how many things you will be able to 'post'.

Later in the day take the post-its or paper from your 'wall' and use them for your 'thank you' prayers to God.

THANK

YOU

**Think of people, animals, things that you are thankful for and colour in a letter each for them.
Say thank you to God for them as you colour.**

Some suggestions: your family, friends, neighbours, doctors, nurses, teachers, vicar or priest, care workers, all frontline workers, pets and animals. Do it again if you wish.