

HOW TO USE THIS PACKET

These ideas are intended for you to use and adapt to help your children learn the virtue of gratitude. Please note that there are several books/activities/crafts included to help foster the interests of many children and to give you, as parents, many things to select from. With that in mind, please don't let the quantity overwhelm you. Rather, choose a few that work best for you and yours and HAVE FUN!! Use the icons provided to help you decide at a glance.

The microwave icon indicates a busy day. We all have moments that we want to be intentional, but it is going to have to be done quickly and without much planning.

The Slow Cooker icon will take you through an activity that may be a little more time or preparation, but the reward will be something well worth the effort.

GRATITUDE DEFINED FOR OUR KIDS:

Appreciating God's goodness in all of life; Being thankful and saying so.





POEMS

For flowers that bloom about our feet; For tender grass, so fresh, so sweet; For song of bird, and hum of bee; For all things fair we hear or see, Father in heaven, we thank Thee. For blue of stream and blue of sky; For pleasant shade of branches high; For fragrant air and cooling breeze; For beauty of the blooming trees, Father in heaven, we thank Thee.

> ~~Ralph Waldo Emerson 1803-1882

May all who share
these gifts today
Be blessed by Thee,
we humbly pray.
What God gives and
what we take
'Tis a gift for Christ his sake;
Be the meal of beans or peas,
God be thanked for those
and these;
Have we flesh or have we fish,
All are fragments from His dish.

~~Robert Herrick 1591-1674

SCRIPTURE

These three suggested verses to memorize as a family and meditate during this month. There are many more, but this can get you started.

Give thanks to the LORD, for he is good; his love endures forever. Psalm 107:1 (NIV)

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. I Thess. 5:18 (NIV)

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he who made us, and we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations. Psalm 100 (NIV)

<u>ACTIVITIES</u>

SCRIPTURE MEMORY:

Needed: paper, crayons/colored pencils

We memorize best when we can link the words to something that can be seen or imagined. Read Psalm 100 and then have your kid(s) draw a picture of what they think of when they hear it. Write the verse on their drawing or have them write it.

AND

Needed: memory card in appendix

Use the scripture Memory card with pictures found in appendix. If you decide to memorize Psalm 100, learn two lines a week and take your time learning, memorizing, and understanding the verse with your children.

SHEEP CRAFT:



Needed: white, green and black paper, google eyes, marker, glue Remind kid(s) that Psalm 100 tells us that we are the sheep of His pasture. Use this time to read/say the Psalm again. Cut 10-12 skinny strips of white paper and then have your child curl the paper around the marker. Glue the white curls onto a sheet of green paper (this is the pasture). Cut the a sheep head out of paper, glue/draw on eyes and add little black feet. Write or have your child write Psalm 100 on the paper. If they enjoy this activity, they can make as many sheep as they'd like.



GRATITUDE ROLLS:

(beautyandbedlam.com)

Needed: crescent rolls, paper, and pen



Have each person write or draw a picture of something they are thankful for on a piece of paper. Place each paper on a wedge of crescent dough and LOOSELY roll them up. Bake according to package directions and serve with dinner. Enjoy sharing what each one says. For an added twist keep them a secret and try to guess who is thankful for what. This could even be a wonderful activity to do with extended family and friends on Thanksgiving Day.

THANKFUL TURKEY

(adapted from Tania Cowling, Yahoo! Contributor Network)

Needed: paper (preferably construction), marker, turkey head (page appendix)



Talk with your kid(s) about how a grateful heart is ready to praise God for his goodness. Ask them what they want to praise God for. Trace each of their hands or have them trace their own on paper and use the turkey head in the appendix to trace onto paper as well. Write (or have them write) each of the things that they are thankful for on each finger. Glue the turkey head in place. Now you have a turkey with gratitude feathers. This thankful turkey can be used to assist in prayer time throughout the month by reminding them to give God praise for the things they have listed.



THANKFUL TABLECLOTH

(Tania Cowling, Yahoo! Contributor Network) Needed: paper tablecloth, markers, and crayons



Purchase a paper tablecloth and let your kid(s) go wild. They can write the scripture that applies to having a grateful heart and draw pictures / write things and people they are grateful for. This would be fun to eat on for Thanksgiving Day or just have out for a few meals as a reminder.

OR



<u>Needed: fabric large enough for your table, fabric marker.</u> Spend an evening asking your family to list things/people they are thankful for. Write those things around the border of the fabric tablecloth. The following year you can write another row of thankfulness. Each year you can add to the tablecloth and read the things from the previous year.

COUNTDOWN WITH THANKFULNESS

(247moms.com)

Needed: countdown printout, stapler/tape, scissors



Cut the countdown printout from the appendix into strips and make a paper chain out of the strips. Kids will be able to countdown the days until Thanksgiving Day while being given a challenge each day that shows their thankfulness. Try not to be overwhelmed by this. You could just choose seven and do it for one week... you could do the whole month, but pray about each thing/person listed rather than partake in a daily challenge. Make it as involved as you'd like or as simple as you'd like. But every child LOVES a countdown so don't miss out on the anticipation that this activity can build. Once you've decided how you'd like to do this one, put the chain together and hang as a garland in your home.

ABC GRATITUDE

(Tania Cowling, Yahoo! Contributor Network)



As the family sits around the dinner table, play a game of gratitude using the alphabet. The first player starts with the letter A, and makes a statement like, "I am thankful for apples that are in our apple pie dessert." The next person uses B and may say, "I am thankful for my baby brother." Continue around the table with each person using the next letter. Can you get through the entire alphabet?

OR



Needed: alphabet cards (see appendix), scissors Cut and shuffle the alphabet cards from the appendix. Take turns drawing a card and naming something you are thankful for that begins with that letter.

THUMBPRINT TURKEY

(sillyeaglebooks.com)

Needed: orange, brown, yellow paint or inkpad, black marker,



cardstock/blank index cards

Cut cardstock into note card size or use index cards. On one side of the card let your kid(s) make a thumbprint turkey (see image below). After the cards have dried, let them write a note of thankfulness to someone they appreciate. For younger kids, you can write, "I am thankful for you,

" and allow them to write in the name. For even younger kids you can do all the writing, but allow them to tell you what to write. An alternative to this would be to write one of the poems or scriptures from the beginning of the packet. These can be used as place cards for Thanksgiving dinner or sent as post cards at anytime.



SHARING MY GRATITUDE

(adapted from 247moms.com)

Needed: pen/pencil/crayon, sticky notes

Simply leave a sticky note pad and pen out where every family member can write or draw things they are thankful for. The first few days you may have to model how to recognize things and jot them down. Have everyone stick them to the fridge, a door, or a window and watch it fill up fast. Discuss the new additions from time to time.

OR



Needed: pen/crayon, jar/box, crafty materials

Have your kiddo(s) help you decorate a box or jar. Use one of the scriptures on the outside as well. They can also decorate the index cards. Leave the index cards near your box/jar and each time anyone thinks of something they appreciate have them write or draw it and add it to the jar. From time to time have family members pull them out and read them.

OR

Needed: leaf tracing (see appendix), construction paper, ribbon or string, pen/crayon



Have kid(s) trace and cut leaves onto construction paper using the template from the appendix. Leave the leaves out where family members can record things they are thankful for all month. As you collect them, punch a hole in the top and string them onto ribbon/string to make a beautiful garland for your home. You could also attach them to branches from your yard to make your own "thankful tree" for a different spin.

GRATEFUL FOR CREATION

Needed: pen/crayon, paper/journal, gift bag (or any sack)

Read John 1:3 (NIV) together, "Through him all things were made; without him nothing was made that has been made." Let this verse be on your minds as you take a walk around your neighborhood. Notice the gifts God has given us in nature and record them in your journal. If applicable, put some of your findings in a gift sack. Upon returning home let the kid(s) take great pleasure in all that He made as they "unwrap the gift He has given." Take time to pray and show your gratitude for all you've seen.

OWL CRAFT

(innerchildfun.com)

Needed: old toilet paper rolls, glue, construction paper, google eyes, paint/markers



Make sure and do the Grateful for Creation activity and use this as a follow up craft. It will be another opportunity to discuss John 1:3. Take one side of a toilet paper roll and glue the sides together to make two points that resemble an owls' head (see photo). Paint or color the owls (paper roll). Cut out wings and glue them on. Add a triangle nose and google eyes. If you don't have eyes, just draw them in. Your little owls will be the perfect addition to your fall décor and a reminder of God's gifts in nature.



APPENDIX











Psalm 100 (NIV)



COUNTDOWN WITH THANKFUL ACTIVITIES

We are Thankful for our Grandparents

Call, make a card, or send them an email

We are Thankful for our Missionaries Pray for someone serving in missions

We are Thankful for our Teachers Make a thank you card (possibly the thumbprint turkey card, page 6)

We are Thankful for our Fire fighters, policemen, doctors etc.

Stop by the fire station/police station to simply say thank you!

We are Thankful for our toys.

Clean out your toys and donate them to a local shelter.

We are thankful for Daddy.

Do something nice/ a chore for Daddy (example: Wash his car, take out the trash).

We are Thankful for Mommy

Do one extra chore today for her (example: unload the dishwasher or sweep the floor).

We are Thankful for our Clothes.

Clean out our clothes and donate clothing to a local shelter.

We are Thankful for our Sister (s).

Write a Thankful note or do a chore or something nice for her.

We are Thankful for our Brothers (s).

Write a Thankful note or do a chore or something nice for him.

We are Thankful for our friends.

Write a note, send an email, bake a special treat for them.

We are Thankful for our family.

Have a family game night.

We are Thankful for our food.

Collect food for or serve your local shelter.

We are Thankful for our Eyes.

Watch a Movie together as a family.

We are Thankful For a Church to go to.

Pray for your pastor today.

We are Thankful for books.

Start a new book to read together as a family.

We are Thankful for our Neighbors.

Deliver a treat and note of thanks to their porch - play doorbell ditch.

We are Thankful we are able to pray.

During dinnertime prayer have each person pray one thing they are Thankful to God for.

We are Thankful for the earth.

Decide as a family another way you will become ECO friendly. National Geographic has great suggestions at http://kids.nationalgeographic.com/kids/stories/spacescience/green-tips/

We are Thankful we can write.

Write three things you are thankful for or write out one of the gratitude verses.

We are Thankful helpers.

Think of a way to secretly help someone by tomorrow.

We are Thankful for our classmates.

Discuss one way that you can bless a classmate the next time you're at school and then do it!

We are Thankful for shoes.

Fill empty shoeboxes with items and donate to Operation Christmas Child or donate a pair of shoes (<u>http://donateyouroldshoes.org/</u>)

We are Thankful for our pet.

Take them on a walk, clean their cage, play with them. If you don't have a pet, offer to care/play with a friends.

We are Thankful for our Military.

Take time to pray for our men and women in the armed forces. If you know someone personally, pray for them by name. Another great site to visit is <u>http://www.militaryfamiliespray.com/</u>

We are Thankful to share our gratitude.

Do one of the activities on page 7 in which you share what you're thankful for.

We are Thankful for our Car,

Go for a fall drive, visit a relative or friend. See what you can see that will remind you of our LORD.

We are Thankful for family memories.

Start a journal or scrapbook to remember what the LORD has done.