

Gratitude means letting others know you see how they've helped you.



Read: Psalm 9:1

DAY

1

Attitude of Gratitude

Gratitude is letting others know you see how they've helped you. Grab a piece of paper and tear it into 10 pieces. On each piece of paper write a word or draw a picture of something that you are grateful for and put it in a jar. When everyone is around have each person pull a piece of paper from the jar while you share why you are grateful for it.

Look for ways to show that you have an attitude of gratitude.

DAY

2

Shout Out

Grab some paper and crayons. Ask an adult to help you make a few outlines of a megaphone. Then cut them out. On each megaphone write a note of gratitude to some of your friends and family and deliver this week.

KNOW how important it is to say thanks to those around you.

DAY

3

Gratitude Game

Ask an adult to help you look up Psalm 9:1. God wants us to be thankful with all our heart. That means we are thankful for the big things, little things, and the in between things. Ask your family to play the Gratitude Game. Here's how to play: Grab a set of markers. Each person will take a turn dropping the markers on the ground. (Like Pick-Up sticks) They must choose one marker without moving the other markers. Once a marker is chosen, look at the color you chose below and share what you are thankful for.

Red: Share a person you are thankful for

Orange: Share a place you are thankful for

Green: Share a food you are thankful for

Blue: Share a thing you are thankful for

Yellow: Share your choice of something you are thankful for

DAY

4

Give Thanks

One way to show gratitude is to help others in your home. Think of some tasks you can do to help the adults in your house. This way, you are putting your gratitude into action.

Dear God,

Thank you for giving me the chance to share my gratitude with the people that I love. Let me show gratitude to them and to you not just today, but every day. In Jesus' Name, amen

Adjust your attitude.

