

Thankful Follow Up Lessons

We each probably have a hundred things in our living rooms, kitchens and bedrooms which we could be thankful for—if we just stopped to think of what they are. Look around and start thanking God for those things.

Why is being thankful a great idea? It can shift our mood from bad to good; it can make us happier; it makes God happy when we appreciate Him.

Memory Verse-1 Thessalonians 5:18 says, “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” The best way to give thanks in all circumstances is to learn how to be thankful for lots during the good times. Then, when the bad times come, you have a great skill developed of always seeing the bright side.

Thankful Ideas to do with your children

Make a thankful/gratitude journal* see link below

<https://hellosensible.com/how-to-start-gratitude-journal-for-kids/>

The Gratitude Game

Instructions to Play:

Use a set of Pick-Up sticks, colored straws, or painted sticks to play this game.

Hold all of the sticks in your hand and drop them. Each player takes a turn pulling a stick from the pile. You cannot make any other sticks move or you lose your turn and do not get to collect the stick. The player with the most sticks at the end of the game wins.

In The Gratitude Game, each color represents a type of thing you are grateful for:

Red Sticks: People you are thankful for

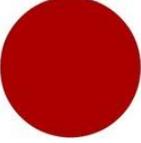
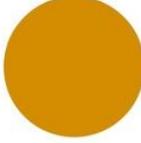
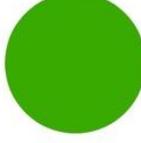
Orange Sticks: Places you are thankful for

Green Sticks: Foods you are thankful for

Blue Sticks: Things you are thankful for

Purple Sticks: Miscellaneous- Your choice of something you are thankful for

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

A sense of gratitude, or feeling thankful and appreciative of the good things God has given us can increase happiness and improve health. Learn how to make a simple craft for kids, **Gratitude Stones**, that can be used to cultivate an attitude of gratitude at any age.

TO MAKE GRATITUDE STONES YOU WILL NEED

- [Stones](#) (washed and dried)
- [Tissue paper](#)
- [Scissors](#)
- [Glossy Mod Podge](#)
- [Paintbrushes](#)

DIRECTIONS FOR GRATITUDE STONES CRAFT

1. Cut out a small tissue paper heart with scissors.
2. Place the heart on the surface of a clean stone. Using a paintbrush, lightly spread a thin layer of Mod Podge over the tissue paper and top half of the rock. Allow this layer to dry undisturbed.
3. Flip the rock over and spread Mod Podge over the bottom half. Allow this layer to dry undisturbed.

When the rocks are dry, notice how seamless and smooth they feel! The thin tissue paper conforms to every nook and cranny within the rock so that it almost seems a natural part of it!



5 WAYS TO USE GRATITUDE STONES

The gratitude stone is a physical reminder to remember your blessings! There are many ways to use them.

1. FAMILY DINNER

Pass a gratitude stone around the dinner table before eating. When holding the stone, you must share something or someone you feel thankful for.

2. CALM DOWN STRONG FEELINGS

Thinking and talking about the good things in our life can calm down angry or sad feelings and build resiliency. Teach your child how to hold the stone in their hands and list everything they feel thankful for.

3. AS A BEDTIME RITUAL

Pass your child the gratitude stone and ask him, “What was the best part of your day?” How can we thank God? Reply with your answer when he passes the stone back to you.

4. SHARE A STONE

Create extra stones and share them with the people you feel thankful for! Include a little note expressing your gratitude.

5. SPREAD JOY IN YOUR COMMUNITY

An attitude of gratitude is contagious! Scatter gratitude stones around your community and neighborhood to spread joy to others. Finding tiny hearts on stones is sure to bring a smile to other people’s faces!

Spreading joy and expressing Jesus’ love makes everyone’s day brighter.