

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



Read: 1 Thessalonians 5:18

DAY
1

I'm Grateful

Color in the letters on the back of this page. As you are coloring, think of things you are grateful for that start with each letter. For example, "G" could be grandparents. Write or draw these words and share it with someone.

Know that we have so much to be grateful for.

DAY
2

What Can You Find?

It's time to go on a scavenger hunt! Take a few minutes to look around your house and find five things that you are most grateful for. Ask a parent if you can bring these items to dinner tonight and share why you are grateful for them.

Look around you to see all that you have to be grateful for.

DAY
3

No Matter What

Do you have a hard time being grateful when you don't get what you want? Ask an adult to help you look up 1 Thessalonians 5:18 in the Bible and highlight it. God wants us to be thankful no matter what! Let's pray and ask God to help us to be grateful no matter what!

Dear God,

I have so much to be grateful for. I am grateful for _____. Help me to remember to be thankful in the good times and bad times. I want to have a thankful heart, no matter what!

In Jesus' name, amen.

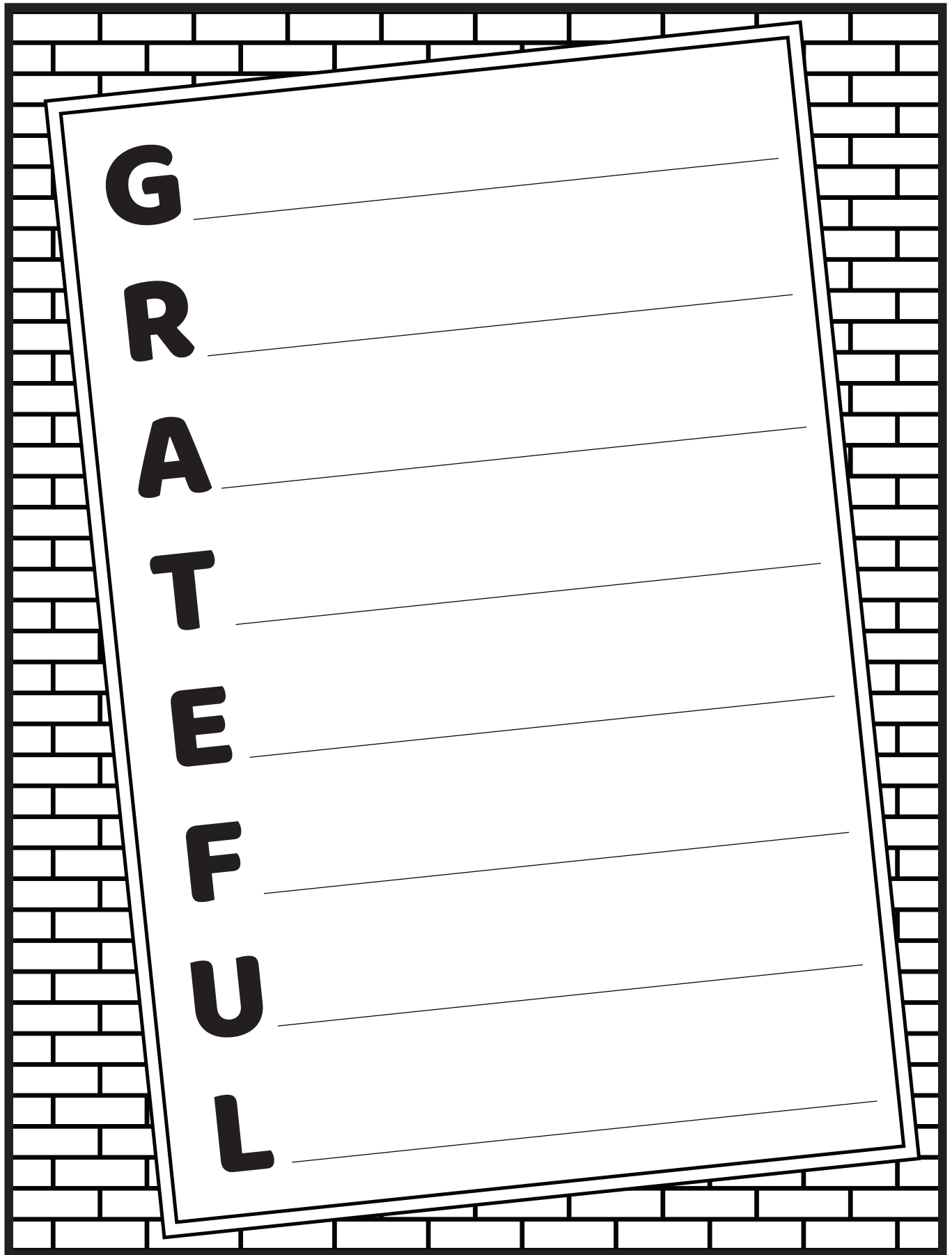
DAY
4

My Grateful Tree

Ask an adult to go outside to help you find four small sticks and one larger stick to make your very own grateful tree. Once you have collected the sticks, find a piece of paper and glue them on the paper into the shape of a tree using the larger stick as the trunk and the four small sticks as branches. Above each branch, use a marker and write something that you are grateful for and put it somewhere you'll see it daily.

Ask God to help you to always be grateful.

You always have something to be grateful for.



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



Read: James 1:17

DAY
1

Grateful I Spy

Ask an adult to go outside with you to play a game of Grateful I Spy. The object of the game is to spy something that God created (like the trees, sky, sun) and describe it to the other person. When they guess what you are describing take a minute to say, "Thank you God for _____."

Thank God for all the amazing things He has created.

DAY
2

Stick It To 'Em

Ask a parent for a stack of sticky notes and pencil. Throughout the day, think of things that you want to thank each member of your family for and write them a note to tell them. Be sure to stick it somewhere so they will find it. This is a great way to show them you are grateful for them!

Look for ways to show others you are grateful!

DAY
3

Every Good Thing

Ask an adult to help you look up James 1:17. When you think of all that you have, do you ever think about it all coming from God? This verse tells us that every good and perfect thing comes from Him! So let's take a minute to thank God for all He has given us.

*Dear God,
We know that everything we have is because of you.
We are so grateful for all that you have given us and
we just want to say thank you!
Amen.*

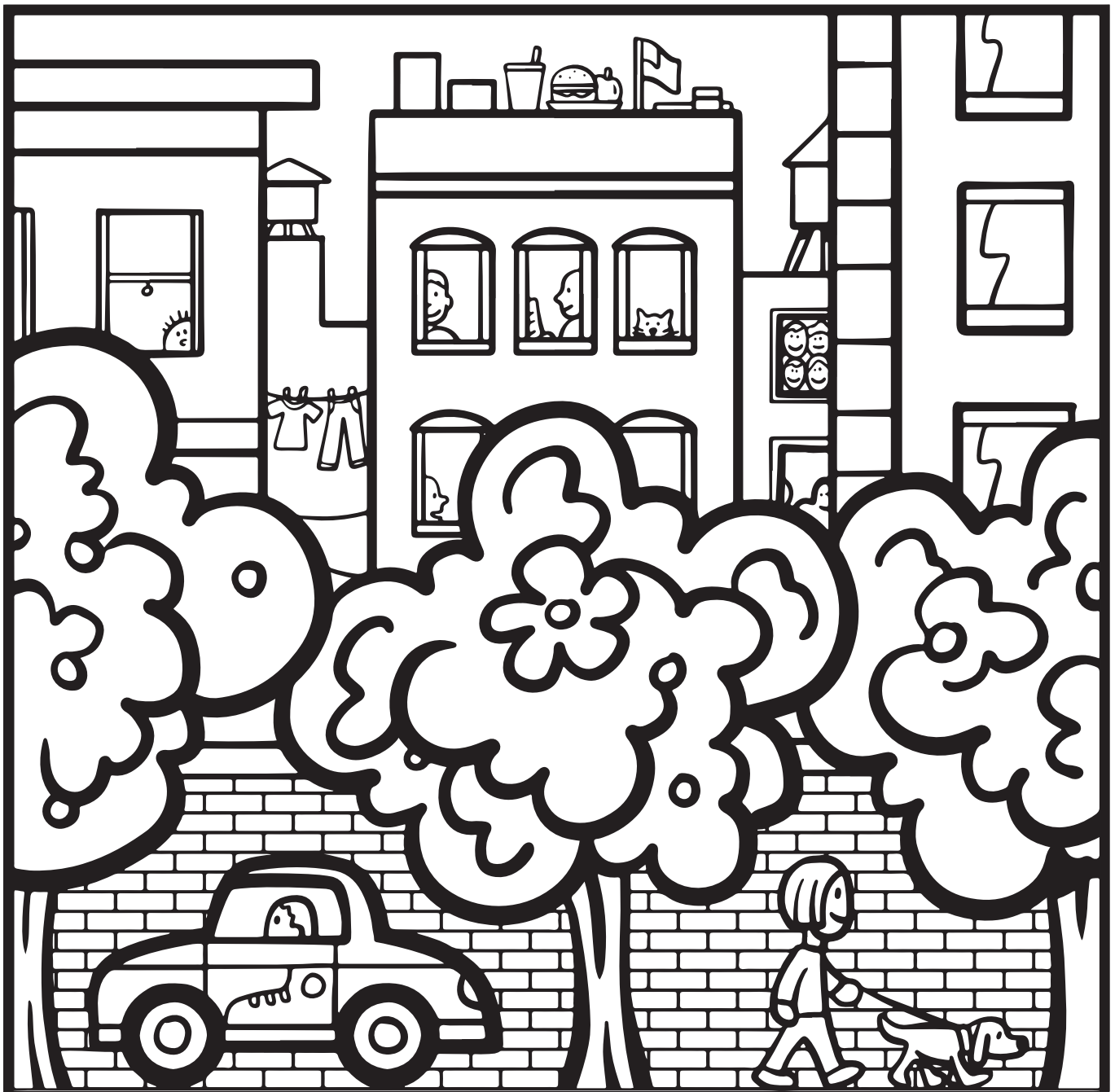
DAY
4

Take the Time

Grab a piece of paper and a pencil. Make a list of all the people that you are grateful for. After you have finished, circle the name of one person that you want to spend time with. As you spend time with him/her, tell them why you are grateful for him/her.

Know that it's important to tell others you are grateful!

Celebrate what God
has done.



Find and circle these 5 things we can be grateful for.
Then have fun coloring!



shoes



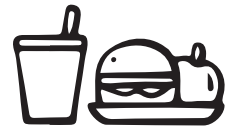
family



flowers



clothes



food

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

WEEK
3
K-1ST

Read: 1 Chronicles 16:34

DAY

1

Balloon Thanks

Ask a parent to find a balloon or soft playground ball. Gather your family to play a game of balloon toss. The object of the game is to keep the balloon in the air. Each time someone hits the balloon they have to say thank you to someone in the circle. For example: "Thank you dad for doing my laundry."

Look for ways to say thanks to those around you.

DAY

2

Say Thanks

Ask an adult to help you look up our Bible story from this week in Luke 17:11-19 and read it together. Has there ever been a time when you did something for someone and they didn't say thank you? It probably made you feel a bit upset, right? I imagine that's exactly how Jesus felt in this story. He healed 10 men and only one came back to thank Him for it. Let this be a reminder for us to say thanks!

Thank the people who have helped you by showing them you are grateful.

DAY

3

Helpful Thanks

Have you ever thought of all the people that do things for you that you never truly say thank you to? Take some time to say "**thanks.**" Ask a parent to help you come up with a way to say thank you to each of the people you want to thank. You could leave a special card in the mailbox for your mailman or you could drop off some cookies at your local fire department. No matter how big or how small, just the idea of taking time to say thank you shows gratitude!

Know how important it is to thank those that help you!

DAY

4

Share His Goodness

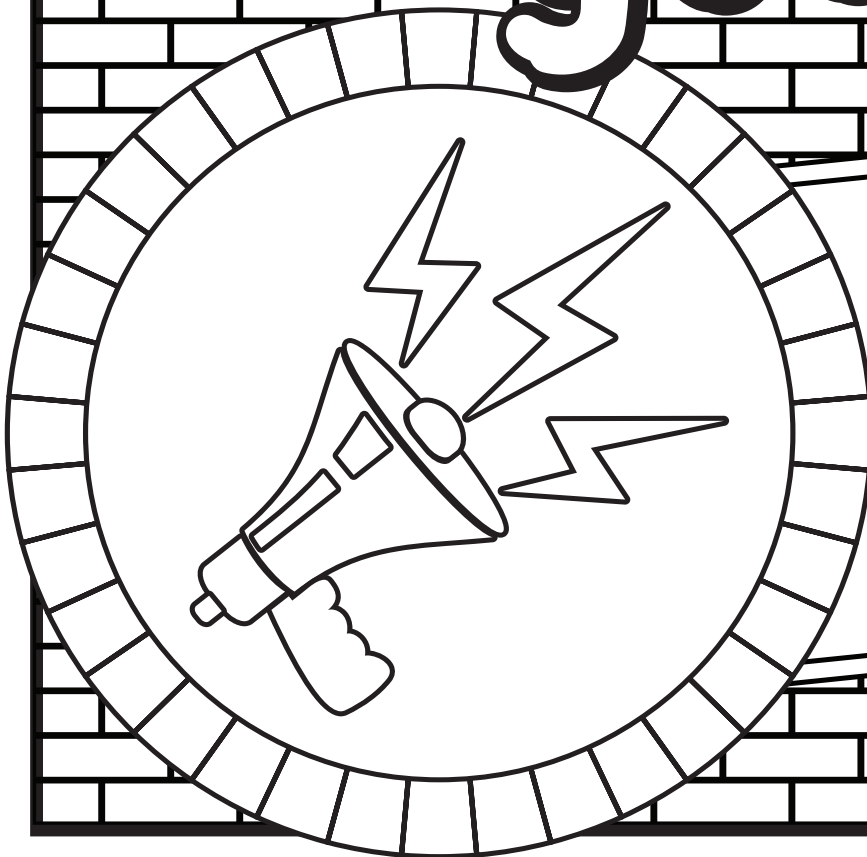
Ask an adult to help you look up 1 Chronicles 16:34. This verse tells us to give thanks to God because He is good to us! Can you think of a time when God was good to you? Maybe it was when your dad got a new job or you got an A on a test. Ask a parent or an adult to share with you about a time when God was good to them.

*Dear God,
Help us to remember to give thanks always because you are good to us! In Jesus' name, amen.*

Say thank you.

PARENT CUE

Give thanks
to the Lord,
for he is
good.



1 Chronicles
16:34
NIV

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

WEEK
4
1-15

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 a 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.

PARENT CUE



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

WEEK
5
K-1ST

Read Ephesians 5:20

DAY
1

Gratitude Journal

Have your parents ever reminded you to say “thank you” to someone? Sometimes it’s hard for us to remember to be grateful. To help you remember to say thank you, ask a parent to help you find a notebook or some paper that you can make into your very own Gratitude Journal. Keep track of all the things that you are grateful for each day—starting today! And when you have a day that’s hard for you to show gratitude, go back through your journal and remind yourself of all the good things that have happened.

Ask God to help you find something good in each day!

DAY
2

Picture This

Pictures are a great way for us to remember some of our favorite memories. Ask a parent if you can look through your family’s pictures on their phone, on a computer, or in a photo album. Select three or four of your favorite pictures that represent a great memory for you and share them with someone. Tell them why you are grateful for each of these special memories.

Look for special moments to show thanks.

DAY
3

Habit of Thanks

Look up Ephesians 5:20. God wants us to make a habit of giving thanks always for all things. Ask an adult to help you write the word, GRATEFUL, on a mirror in your room or your bathroom. Each day let it be a reminder to give thanks.

*Dear God,
Thank you for showing us how important it is to be grateful. Help me make it a habit to be grateful each day. In Jesus’ name, amen.*

DAY
4

The ABCs of Gratitude

You know how a song or a game helps you remember something? During family time, play the GRATEFUL GAME (like, I’m Going On a Picnic) and see all the things that your family is grateful for. You start off by saying, “We are the SMITH family and we are grateful for APPLES.” The next person says, “We are the SMITH family and we are grateful for APPLES and BREAD.” Try to see how far you can get through the alphabet without forgetting what each person is grateful for! Have fun showing gratitude!

Thank God for all the things we have to be grateful for.

**Get in the habit
of being grateful.**

PARENT CUE

Think of something that starts with each letter that represents something you are grateful for. Then color in the alphabet.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z