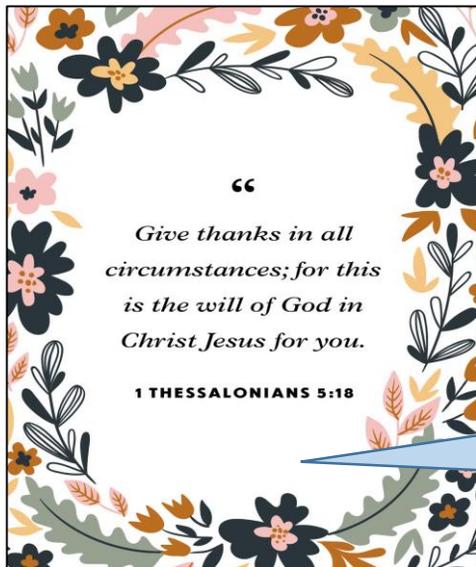


# Shine a light on... Thankfulness



Gratitude plants little smiley faces on everything it touches. (Richelle E. Goodrich)

Autumn 1 Half term



It is not how much we have, but how much we enjoy that makes happiness.  
(Charles Spurgeon)



A thought about  
thankfulness from the  
Bible.



*As we embrace the new term, we are excited to focus on the value of **Thankfulness**. This half term, we will explore what it means to be thankful and how this value can enrich our lives. Thankfulness is not just about saying "thank you," but about recognising and appreciating the many blessings we have.*

*As we approach the Harvest Festival, we have a wonderful opportunity to reflect on the abundance of food we enjoy and the effort that goes into growing and preparing it. This time of year reminds us to be grateful for the fruits of the earth and the farmers who work hard to provide us with nourishing food. Let's take a moment to appreciate every meal we share with our families and the natural beauty that surrounds us. Every year, we are grateful to you for your harvest donations that support the most vulnerable in our community. When we celebrate what we are thankful for, it makes us empathise more with others and helps us see how to*

*support those around us.*

*In our busy lives, it's important to cherish the time we have with our families. We should be thankful for the love and support we receive from those closest to us and for the comfort of our homes. This value reminds us to show appreciation for the moments we spend together and to recognise the importance of family bonds.*

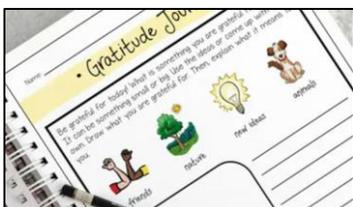
*As autumn unfolds, nature provides us with a spectacular display of changing colours. From golden leaves to crisp, fresh air, the season is a reminder of the beauty around us. Let's be thankful for the simple joys that nature offers and take time to enjoy the splendour of the world outside our windows.*

*This autumn we would like to encourage our children to think about what they can be thankful for. Once we start to share what we are thankful for, we start to notice more things to be positive about! Did you know that being thankful leads to a better sense of well-being, stronger relationships, better sleep and an increase in generosity? So let's give thanks together.*

## Homework activities

Choose one out of the 2 homework activities given below. It is to be handed in Friday 12<sup>th</sup> October.

Think about what you are grateful for every day. Take time to record this either in a Thankfulness journal (using your homework book) or in a Thankfulness jar. Draw what you are grateful for and then write 2 or 3 sentences to show what it means to you. When you have finished over 4 weeks, you will have a list of 28 things that you are thankful for – a lovely keepsake to look back at whenever you are feeling low!



Take a gratitude walk with your family, once a week. The idea behind this is that you can attract positive or negative experiences simply with your thoughts. As you walk, start to notice things that make you happy. This could be the nature that you see around you. It could be people in your family – try saying exactly what it is about them, that you are thankful for, e.g. I am grateful for the kindness Millie shows because it shows me she is thinking of others and not herself. You could take photos and put them in your homework book and write 2 or 3 sentences about what you talked about.

