



Shining a light on...

Thankfulness



What do we mean by 'thankfulness'?

Thankfulness means noticing the good things in our lives and appreciating the people, experiences and opportunities that help us each day.

Being thankful helps us focus on what we have rather than what we don't have and encourages us to recognise the kindness of others.

How do we see thankfulness in school?

At Church Hill we show thankfulness when we:

-  Say thank you to others
-  Appreciate the help we receive
-  Look after our school environment
-  Celebrate the achievements and talents of others
-  Value the opportunities we have to learn and grow



Read a book!



Why not read this book about finding the positives - even when things don't go to plan!

<https://www.youtube.com/watch?v=nbuVI9ek2qc>

Spirituality

Thankfulness helps us notice the beauty and wonder around us, reflect on the people who support and care for us and appreciate our unique gifts and talents. It also helps us feel connected to something greater than ourselves. By taking time to pause and reflect, we become more aware of the many blessings in our lives.



How can we show thankfulness at home?

-  Thank family members for the things they do
-  Help without being asked
-  Appreciate everyday moments together
-  Express gratitude through words, drawings or notes
-  Take care of their belongings

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HOMEWORK ACTIVITIES



To be handed in for Friday 10th October

For this half-term homework, children should choose one of the two activities provided. One activity is designed to be completed together as a family, while the other encourages children to work more independently.

As a family, talk about the people who help you in your everyday life. These could be family members, friends, neighbours, teachers, doctors, nurses, shop workers, delivery drivers or other community helpers.

Choose at least three people and think about how they make a positive difference to your life or the lives of others.

Create a thank-you card, drawing, letter or message to show your appreciation. Make sure you include a personal message explaining what you are thankful for.

In your book, write 4-6 sentences describing:

- Who you thanked.
- How they help you or others.
- Why you chose them.
- How they reacted (if you gave them the message).
- How showing gratitude made you feel.



For one week, keep a journal to help you think about the good things in your life. Each day, choose one thing you are thankful for. This could be a person, a pet, a special place, an activity, a possession or even something that happened that day.

For each journal entry:

1. Write the date.
2. Write the sentence "Today I am thankful for..."
3. Explain what you are thankful for.
4. Explain why it is important to you or how it makes you feel.
5. Add a small picture, border, or decoration to match your entry (optional).



Complete at least 5 journal entries over the week. Each entry should be 2-3 sentences long and include a clear explanation of why you are thankful for that person, place, thing or experience.

THANK YOU!