

# Shine a light

## on... **Thankfulness**



18<sup>th</sup> March 2022

**Be thankful for today, because in one moment, your entire life could change.**

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

THESSALONIANS 5:16-18

What does the Bible say about Thankfulness?

Let's Take a Moment to Be Thankful.

by Doe Zantamata

For every accident that never happened,  
For every grave illness that was not caught,  
For every tornado that never formed,  
And every mean word withheld when we fought.

We can only see what's right in front of us,  
And can be thankful for all we've got,

But to really, truly embrace gratitude,  
We have to also remember  
To be thankful

For every "never," "didn't," and "not."

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Be thankful for what you have;  
you'll end up having more.  
If you concentrate on  
what you don't have,  
you will never, ever have enough

Oprah Winfrey

EVERYDAYPOWER

*Being thankful helps you to be a happier person, get on with your friends more and be more successful. It also has a really positive effect on those around you. 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.*

*Take part in some of the activities overleaf to help you realise what you are thankful for. As always, we would love to share some of your learning in Friday's Get Together. Remember you will receive 10HP for sharing your activity with us.*

**Spend quality time with your loved ones. Put your gadget away and ask them how their day has been, maybe even offer to make them a drink or tidy up after tea!**

Remember to say 'thank-you' when somebody does something for you.



Say 3 things aloud that you are grateful for every day!



Give your pet a hug when they make you happy. They will know you love them and are thankful for having them in your life!



Make a thankfulness jar with your family. Read them every Friday night so you start the weekend positively!



Pay more attention to your senses. Think about the things that you see that make you happy. What about the smells that you associate with good times, like Nana's perfume or favourite food? Is there a piece of music that just makes you feel alive that you want to dance to it? Make a poster to celebrate these!

Get happy by exercising or participating in a hobby you enjoy. Try to make a list of all of the things in your life you're thankful for.

