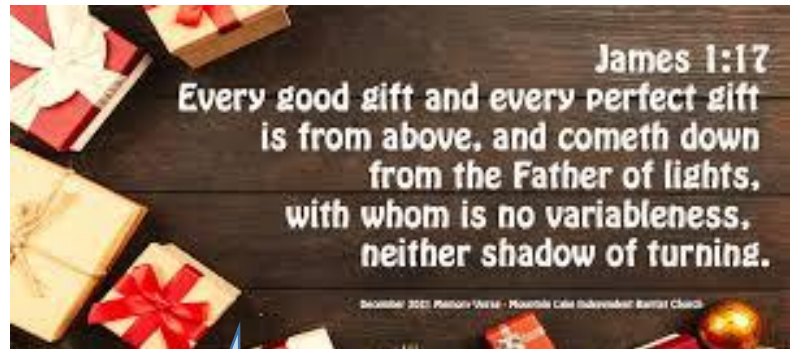


# Shine a light

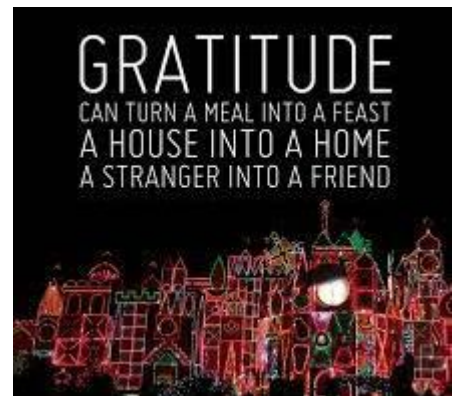
## on... **Thankfulness**



9<sup>th</sup> December 2022 – 5<sup>th</sup> January 2023



A thought about thankfulness from the Bible.



*Advent is the season for preparation of the Nativity in the Christian calendar. We celebrate the birth of Jesus, the son of God, and give thanks for God's gift and the salvation he brought to mankind.*

*In modern society, the Christmas season brings light and fun into our community, along with the stresses and pressures of giving gifts and ensuring everyone has a lovely time.*

*This advent 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 increased resilience to cope when things are not so good? So let's enjoy the holiday season and give thanks together.*

Plan an exciting activity for each week during advent and the holidays. Enjoy the simple thrill of baking with the family, swapping gifts with friends, walking around the estate to find the best

Christmas lights, or watching a Christmas movie in your pyjamas!



Say a prayer before your Christmas dinner, to give thanks For what you have.



*Volunteer your time to help someone in need. Take the time to appreciate what you have and imagine what your life would be like if you didn't have it.*

*Pay more attention to your senses. What is it about your family and friends that you are thankful for?*

*Take time to think about family Christmas traditions – what makes them so special? How will you make the most of the break from school /work that you have been given?*

***Make a thankfulness jar with your family. Collect one thing that you have been grateful for during the day and put in the jar. Read them every Friday night so you start the weekend positively!***

*Write a thank-you note for a gift that you have received. Take the time to say why it was a lovely thought.*



***Start a 'thankfulness journal' of 1 thing you feel grateful for every day.***

*Try to note down how you managed to experience this so you may repeat it again in the future.*