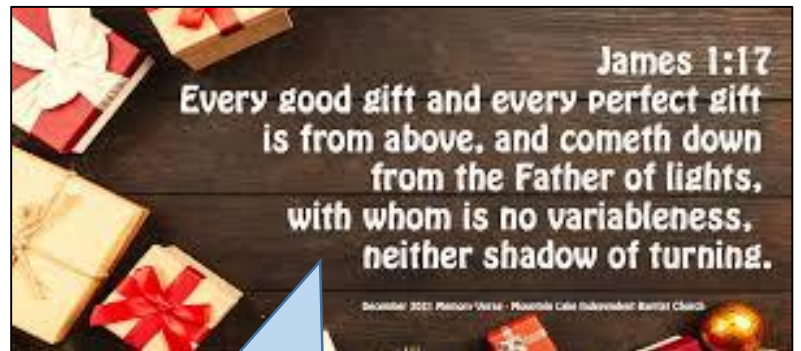


Shine a light

on... **Thankfulness**



6th October – 26th November 2023



A thought about thankfulness from the Bible.



Harvest is the time of year when we give thanks for all of the food we have. It goes right back to the days of the Old Testament (the first part of the Bible - hold it up) when Jewish people said thank you to God for all the crops they had been able to grow during the year. 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.

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 increased resilience to cope when things are not so good? So let's give thanks together.

Why not collect some twigs from the garden and make a 'Thankfulness Tree' in your home.

Cut out leaves, and write one thing you are grateful for on every leaf and hang each one on a branch. Add to it throughout the year!



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



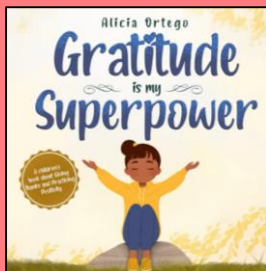
Thank You!

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.

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.

Why not share this wonderful book about Gratitude.



[Gratitude is my Superpower | Read Aloud by Reading Pioneers Academy - YouTube](#)



Play the "alphabet thanks" game. Pick a letter of the alphabet at random and ask your family to come up with one thing they're thankful for that starts with that letter. Maybe even write it as an acrostic poem!