

November Activities

Thankfulness



Activity #1 - “What Would You Feel Without IT” Game

What You’ll Need: Your time

Learn

This game can be done any time during the day, the more silly mood you are in probably the better. Simply ask the kids what they would feel like without various items. They will be surprised how different life would be without some of the things they consider “normal” to have.

Then discuss how other people live without such items, to help them remember to appreciate what is sometimes taken for granted in their life.

Activity #2 - A Thankful Jar

What You’ll Need: A jar, decorations (optional), small pieces of paper, a pen or pencil

Learn

Decorate a jar and leave a stack of pieces of paper beside it. Encourage everyone to write things they are thankful for. Remember to include when someone else does kind things. Make it a routine.

At a specified time, sit down with the family and read the cards together.

Activity #3 - Our Family’s Gratitude Journal

What You’ll Need: A journal

Learn

Create a family gratitude journal. Discuss as a family what it means to be grateful or thankful. Then set aside time each day for the rest of the month to talk about what you are thankful for as a family and write it in your journal each day. At the end of the month, take time to reflect as a family about how blessed you are.

You may decide to let each family member write down entries in the journal as they happen. Be sure to include the who, what, when, where, and what. Then set aside time to read your journal as a family.