

## **Thankfulness: Getting Started**

### ***Inspiring Words***

Every child is potentially the light of the world -- and at the same time its darkness; wherefore must the question of education be accounted as of primary importance. From his infancy, the child must be nursed at the breast of God's love, and nurtured in the embrace of His knowledge, that he may radiate light, grow in spirituality, be filled with wisdom and learning, and take on the characteristics of the angelic host.

(Abdu'l-Baha, Selections, p. 129)

### ***Printables***

Page 1: Spiritual Treasure Box Projects  
Page 2: Devotional  
Page 3: Booklet  
Page 4: Radiant Hearts Book Template  
Page 5: Monthly Letter Template  
Page 6: Daily Activity #10  
Page 7: Daily Activity #18

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Thankfulness?

What are ways I would like to model Thankfulness better?

How does my child currently exhibit Thankfulness?

What aspects of showing Thankfulness can I help my child work on?

## **Thankfulness: Foundation**

### ***Prayer***

My God, my Adored One, my King, my desire! What tongue can voice my thanks to Thee? I was heedless, Thou didst awaken me. I had turned back from Thee, Thou didst graciously aid me to turn towards Thee. I was as one dead, Thou didst quicken me with the water of life. I was withered, Thou didst revive me with the heavenly stream of Thine utterance which hath flowed forth from the Pen of the All-Merciful.

(Bahá'u'lláh, Baha'i Prayers, p. 18)

Thankfulness

### ***Quotation***

Reflect, O people, on the grace and blessings of your Lord, and yield Him thanks at eventide and dawn.

(Bahá'u'lláh, The Kitab-i-Aqdas, p. 30)

Thankfulness

### ***Introduction to the Virtue***

Thankfulness is being grateful for what happens in your life and for everything around you. It is being open to receive God's blessings and appreciating each as part of the gift of life. Being thankful helps you stay content and keep a sense of wonder as you go through life. It is realizing how much you have to be grateful for within yourself and for what happens to you. When we are grateful, we see challenges as opportunities for growth and do not take even little things for granted.

What does someone practicing Thankfulness look like?

How can you show Thankfulness each day?

How do you feel when someone shows Thankfulness to you?

Thankfulness

### ***Songs***

#### **Thankfulness (Virtues In Us #36)**

If you're given something nice say thank you. x2

If you're given something nice and you want another slice,

If you're given something nice please say thank you

Thankfulness

#### **Sing Thanks to God**

(LifeWay Praise Kids.  
*Songs for Music Time 3.1 #4*)

Sing thanks to God and give Him praise  
With joyful hearts our songs we raise  
Sing thanks to God for He is the King  
And the Giver of every good thing

Thankfulness

## Thankfulness: Daily Activities

### *Activities for Every Month*

|  |                                   |   |
|--|-----------------------------------|---|
| 1. Spiritual Treasure Box project (prayer).    | 2. Assemble the booklet.          | 3. Make a Monthly Letter.               |
| 4. Spiritual Treasure Box project (quotation). | 5. Make Radiant Hearts book page. | 6. Add a jewel to the Crown of Virtues. |

### *Games and Role Plays*

|   |
|---|
| 7. "Today we're going to play the Grateful Game." List everyone and everything you are thankful in your life. Take turns saying, "I am grateful for..." and try to find as many things as you can to be grateful for. <span style="float: right;">Thankfulness</span>   |
| 8. "Today we're going to practice showing thanks to others." Have a puppet interact with your child while they are playing – building blocks, drawing a picture together, or taking care of dolls. Encourage your child to be thankful every opportunity they can. The puppet has fun helping when they feel appreciated. We like to help others when they show gratitude! <span style="float: right;">Thankfulness</span>  |
| 9. "Today we're going to appreciate the gift of giving and see how friendship is one of our greatest blessings." Sharing with others is a great bounty. Even if we do not have a lot ourselves, we gain happiness from the gift of giving. Make or purchase some food to share with friends. Discuss gratitude as you share the food together. Friendship is one of the greatest blessings. What good are food and possessions if we cannot enjoy sharing them with others? <span style="float: right;">Thankfulness</span> |
| 10. "Today we're going to practice seeing difficulties as opportunities for growth, and learn about why we should be thankful for challenges in our lives." Cut out the cards on page 6 of the Printables and talk about the situations. Sometimes only long after tests happen do we realize the blessings they gave. <span style="float: right;">Thankfulness</span>  |
| 11. "Today we're going to see what it feels like to receive thanks after working very hard to help someone." Choose a doll or puppet who needs help. Help your child pretend they are cooking a meal or building a house for them. First, have the puppet accept the help ungratefully, not saying "thank you." Then help again, and have the puppet express thanks. Discuss how it makes people feel to give and receive thankfulness. <span style="float: right;">Thankfulness</span>                                     |
| 12. "Today we are going to learn to say 'Thank You' in several languages." Here are a few ways people say "Thank you" around the world: Spanish: Gracias, Twi (Ghana): Me da ase, Swahili (Kenya): Asante, Samoan: Faafetai lava, German: Danke, Italian: Grazie, Persian (Iran): Mersi, Hindi (India): Dhanyavad, Hebrew (Israel): Toda, Mandarin Chinese: Xie xie, Japanese: Arigato. Practice learning and using these phrases to say thanks in your home. <span style="float: right;">Thankfulness</span>               |

## **Thankfulness: Daily Activities (continued)**

### ***Creative Arts***

|  |
|--|
| <p>13. "Today we're going to make a collage of things in our home that we are thankful for." Let your child take pictures of things they are thankful for (or draw them) and create a collage. There are so many things around our homes that we can forget to be thankful for. You may like to make your own collage of things you are particularly grateful for to share with your child as well. Sharing various perspectives can extend our gratitude. <span style="float: right;">Thankfulness</span></p> |
| <p>14. "Today we're going to draw a picture about appreciating our own talents." Draw a picture of your child (or take a photo) and write things they enjoy around the picture. You may like to write inside stars, balloons, or flowers. It can be frustrating when other people have what we'd like to have or can do what we want to do, but being thankful helps to guard us from jealousy. Remembering our unique blessings helps us feel content. <span style="float: right;">Thankfulness</span></p>    |
| <p>15. "Today we're going to create a Blessings Journal." Make or purchase a booklet for your family to keep an ongoing list of blessings, a place to record special moments you share together which you would like to always remember. Keep it somewhere central (like beside your phone) that everyone has access to. Being grateful makes life even sweeter. <span style="float: right;">Thankfulness</span></p>   |
| <p>16. "Today we're going to make a Thank You Card for someone who has done something nice for us." Think of a person who has given your family something or done something kind for your family, and make a card for them. You may like to include one of the quotations from the Devotional on page 2 of the Printables. Mail or deliver the card together. <span style="float: right;">Thankfulness</span></p>  |
| <p>17. "Today we're going to make a Thankfulness Tree." Create a large tree and cut out leaves. On the leaves write things you are thankful for. Thankfulness fills us up and reminds us how beautiful is, just like when we add leaves to the Thankfulness Tree. Add leaves to your tree for a few weeks. <span style="float: right;">Thankfulness</span></p>   |
| <p>18. "Today we're going to learn a poem about Thankfulness." Print out page 7 of the Printables to learn the poem and the accompanying actions. <span style="float: right;">Thankfulness</span></p>  |
| <p>19. "Today we're going to make a list of ways we are thankful for our family." List each family member and three things you appreciate about them. Then write or draw a picture of one way you can show them how thankful you are. Read the list out over a family meal so everyone can be grateful together. <span style="float: right;">Thankfulness</span></p>   |

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/thankfulness/>