

BeThankful

BeSpace activities to bring a sense of peace and thankfulness to your life...

Christians believe that we are called to be “thankful” because “God is good” and “his love endures forever”. We are told to give thanks in “all circumstances” – even if those situations are hard. Being thankful is not just a question of feeling thankful or saying the right words – it’s more of having the values and attitude of thankfulness for all the things we have or the people we have in our lives who love us and care for us.

1. Thankful tree



Write or draw something that you are thankful for and put it into a jar. Or collect some branches from outside and make a tree.

Cut out some leaf shapes using green or coloured paper and write or draw on the leaves something that you are thankful for. Peg or tie the leaves with string onto the 'branches'. Do this daily for as long as you want! You'll then have a jar or tree of encouragement to look back on and be thankful.



(Tree image from BeSpace, Jar image from Pinterest, from: <https://allcraftythings.com/want-more-happiness-make-a-thankful-jar/>)

2. Thankful Poster

Write the word **thankful** in the middle of an A4 piece of paper in different coloured letters. For each letter, try to think of things that you are thankful for, beginning with that letter. e.g. T = Toys. Then if you like you can also draw the things you are thankful for. As you do this you could say a “thank you” prayer to God or reflect on being thankful for the good things around you. Put your poster in a place where you will see it as a reminder of being thankful.



3. Thankful Hands



Draw around your hands on some paper and then cut carefully around the shape.

On each finger, write down the name of people you are thankful for.

When you have done this, why not say “thank you” directly to the people for all they do for you (if they are with you at home); or if they live elsewhere, why not write and post a “Thank you” card to them. You could also take a moment of quiet to say a prayer of thanks to God for the people you have named.

(This image is from Pinterest: <https://www.pinterest.co.uk/pin/278589926921771697/> it seems to come from a Bulgarian site originally)

4. Thankful food



Christians have a tradition of saying something called ‘grace’ before mealtime. Saying ‘grace’ is just another way of saying “thank you” to God for all the food we have.

Do you have a favourite food? If you have a paper plate, magazines or newspapers at home, cut out pictures of food and stick them onto the plate. Or why not draw around a plate on paper and draw pictures of food onto the plate (or you could also make paper food and place it on the plate!). As you do this think about all the food we have and take a moment to be thankful for all the food you have.

(Image from Pinterest: <https://www.pinterest.co.uk/pin/353391901979916999/>)

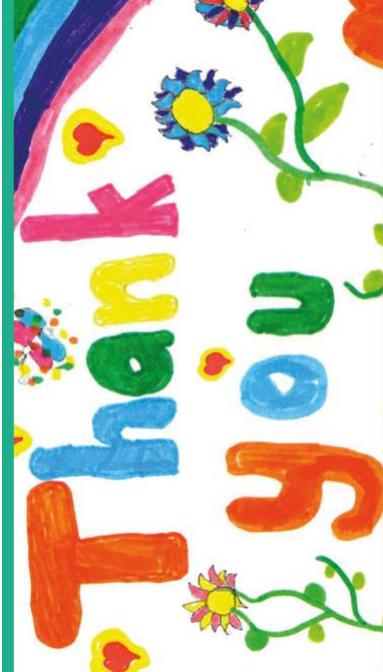
5. Thankful Lego

If you have some Lego, building blocks or cardboard and craft materials, why not make some models of the things you are thankful for.

It might take time to build and to create a model that you’re proud of – which might help you to value the things or people you appreciate and the time they take to look after you or to provide the things that you like.

- As you build your model(s) take some time to reflect and think about how you could show them that you are thankful.
- Then perhaps say a “thank you” prayer to God, “giving thanks in all circumstances.”





BeThankful

“Give thanks to the Lord, for he is good. His love endures forever.”

Psalm 136:1 (NIV)

“Rejoice always, pray continually, give thanks in all circumstances.”

1 Thessalonians 5:16-18 (NIV)



Print and cut out your BeThankful Card to take away...