

THANKFULNESS LIST

Teaching our children to be thankful is an important part of parenting. It is all too easy to let kids spend their time telling you of all their wants instead of showing them to appreciate what they already have. Each of us has so many things—both big and small—to be thankful for. It takes practice, though, to remember to recognize and verbalize the blessings we see all around us. What better way to spend the evening as a family than to think about and share all of the things that we are thankful for?

What you'll need

- adding machine paper (available at office supply stores)
- pens and markers
- tape
- candy or other sort of prize/incentive

How to

- The goal of this activity is to see how long your family can make its thankfulness list.
- Spend some time talking with your family about the importance of thankfulness. Give examples of the big and small blessings in your life. This is not an activity meant to deal with specific and recent selfish/ungrateful behavior, but rather to encourage every one in the family to be more aware of the blessings that surround them each day.
- Unroll the adding machine paper on the table or on a non-carpeted floor.
- Each person takes a writing utensil and starts writing words or phrases to list things that he/she is thankful for. If there are young children that aren't able to write, let them dictate their words to a parent or older sibling.
- Set a time frame for writing or give incentives (like candy or other special treat) for every 12 inches. Otherwise, it will be natural for a child to write one or two things and then say that they cannot think of anymore.
- Once everyone is done, take some time to read them aloud as a family. It is good for other family members to hear what others are thankful for and it might help them to be thankful for that thing too!
- Hang your list in the house as a reminder of your abundant blessings.