

# Resources for Thankfulness

T'is the season to be thankful and remember all our blessings!

.....

What a way to end the year, or a month, or week, or day, or circumstance!

It's amazing what thankfulness can do to change our perspective, give us a bigger picture, help us out of a rout, bring joy and peace even in challenging times!

Let's help instill this essential attitude to the girls we work with and all those around us!

## Resource Activities

### Thankful Cube Game - page 2

We have designed this simple THANKFUL CUBE GAME to help girls discuss and practice being thankful!

Print the template and cut and paste it to form a cube.

Form a circle and take it in turns to roll the dice, read what it lands on and share the answer with the group.

### Follow Up Activities could include:

- making thank you cards for people in their lives
- writing a list of all the things they are thankful for - as many as they can
- creating a group poster of what they are all thankful for

# Thankful Cube

GLUE

GLUE

Share 3 things you are thankful for . . .

© Esteem Designz

GLUE

GLUE

Encourage the person on your right . . .

(what do you admire about them? What are their strengths? Personality traits, talents etc?)

GLUE

GLUE

How can you show you are thankful?

Who could you thank today?

What might cause people to forget about being thankful?

How can you encourage others to be thankful?

GLUE

GLUE

Share some advice on a way you can keep thankful during your week.

(Any practical ideas?)

