

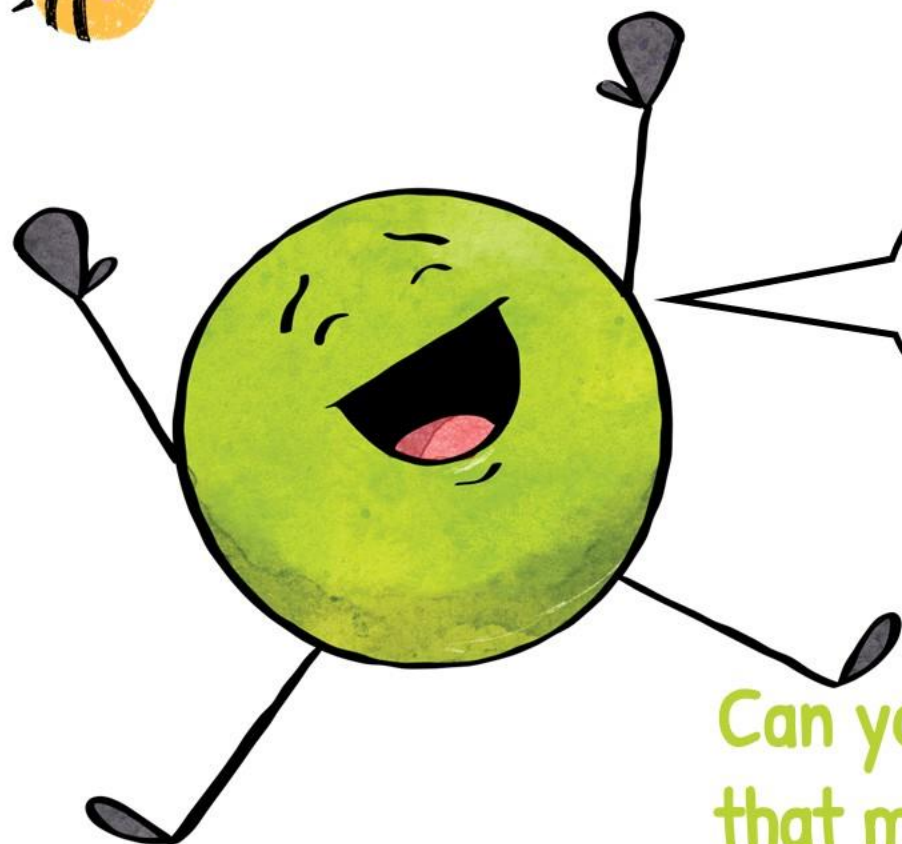


Are you
ready for ...



**THANKFUL
THURSDAY**



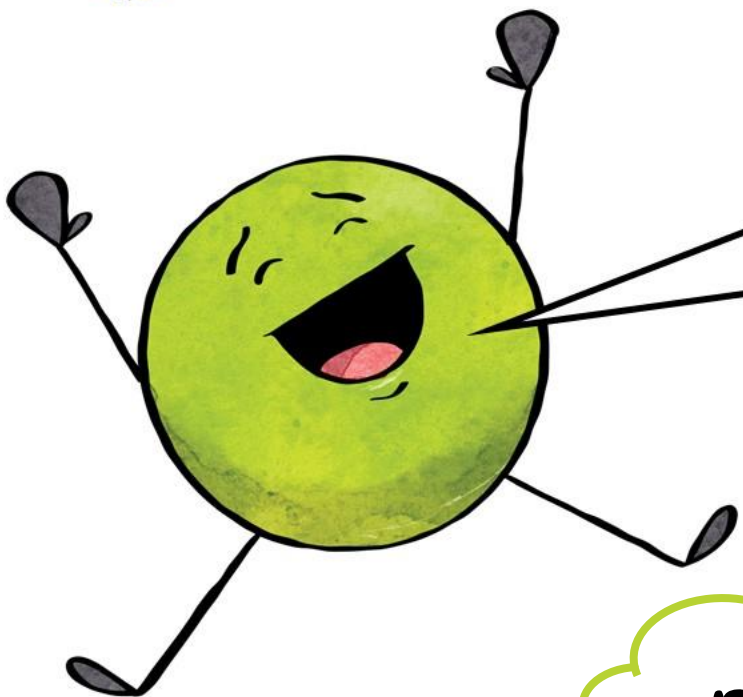


I am
THANKFUL



Can you think of any other words
that mean the same or similar to
the word 'THANKFUL'?

Words



Did you
think of any
of these?

glad

thrilled

pleased

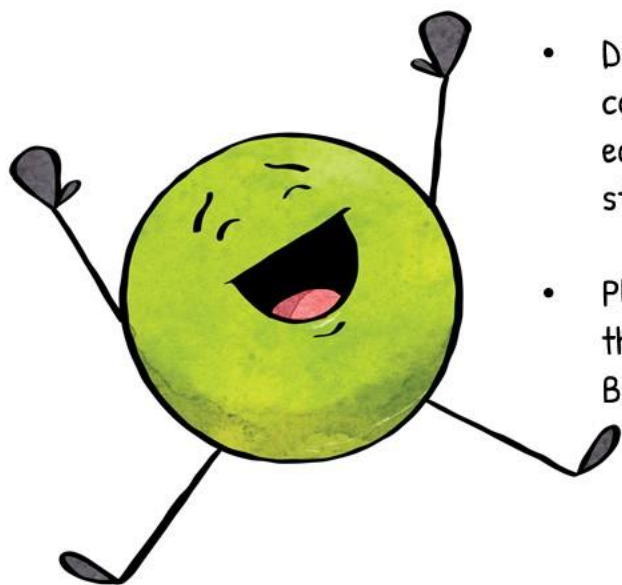
grateful



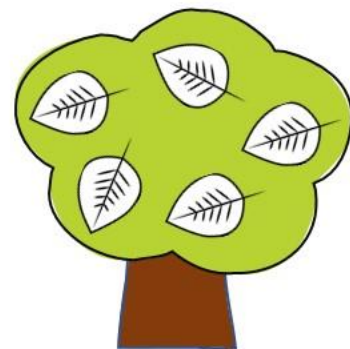
Can you think of a time when you were thankful?

Activities

- How do you look when you are thankful? See if you can make that face now. Draw a picture of you and draw your face and body carefully. Do you look like the 'Thankful Thursday' character? You could even get someone to take a photo of you looking thankful.
- Draw yourself a thankful tree on a big piece of paper. It can be as simple or complicated as you like. Draw leaves, fruit or even acorns to cut out. Fill in something each day that you are thankful for on one of your cut out leaves, fruit or acorns and stick it to your tree. Watch your tree grow!
- Play a game with someone where you use the alphabet and starting with the letter A - think about something beginning with that letter that you are thankful for. Move onto B then C and so on. Take turns to think of something.



Thankful
tree



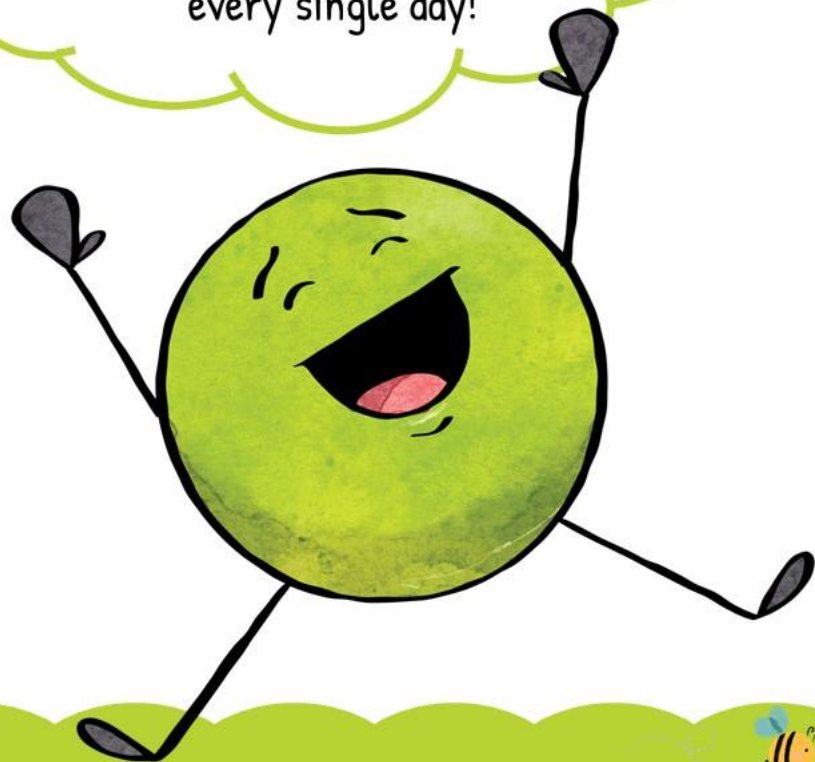
Being thankful will help you to be more positive in life.

Affirmations



I am glad
I am thrilled
I am pleased
I am grateful
I am thankful

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
thankful?

