

Gratitude means letting others know you see how they've helped you.

WEEK
5
K-1ST

Read Ephesians 5:20

DAY
1

Gratitude Journal

Have your parents ever reminded you to say “thank you” to someone? Sometimes it’s hard for us to remember to be grateful. To help you remember to say thank you, ask a parent to help you find a notebook or some paper that you can make into your very own Gratitude Journal. Keep track of all the things that you are grateful for each day—starting today! And when you have a day that’s hard for you to show gratitude, go back through your journal and remind yourself of all the good things that have happened.

Ask God to help you find something good in each day!

DAY
2

Picture This

Pictures are a great way for us to remember some of our favorite memories. Ask a parent if you can look through your family’s pictures on their phone, on a computer, or in a photo album. Select three or four of your favorite pictures that represent a great memory for you and share them with someone. Tell them why you are grateful for each of these special memories.

Look for special moments to show thanks.

DAY
3

Habit of Thanks

Look up Ephesians 5:20. God wants us to make a habit of giving thanks always for all things. Ask an adult to help you write the word, GRATEFUL, on a mirror in your room or your bathroom. Each day let it be a reminder to give thanks.

*Dear God,
Thank you for showing us how important it is to be grateful. Help me make it a habit to be grateful each day. In Jesus’ name, amen.*

DAY
4

The ABCs of Gratitude

You know how a song or a game helps you remember something? During family time, play the GRATEFUL GAME (like, I’m Going On a Picnic) and see all the things that your family is grateful for. You start off by saying, “We are the SMITH family and we are grateful for APPLES.” The next person says, “We are the SMITH family and we are grateful for APPLES and BREAD.” Try to see how far you can get through the alphabet without forgetting what each person is grateful for! Have fun showing gratitude!

Thank God for all the things we have to be grateful for.

Get in the habit of being grateful.

PARENT CUE

Think of something that starts with each letter that represents something you are grateful for. Then color in the alphabet.

