Create a Thank You Card or Message:
The great thing about saying thank you, is that it just needs to be sincere to matter. For those times where a simple, heartfelt reminder of your gratitude is all that’s needed, these will do the trick:

- I appreciate what you did.
- Thank you for thinking of me.
- Thank you for your time today.
- I value and respect your opinion.
- I am so thankful for what you did.
- I wanted to take the time to thank you.
- I really appreciate your help. Thank you.
- Your kind words warmed my heart.
- I just want to say thanks for helping me with my project.
- It was so nice to hear from you. Thank you for reaching out.
- Thanks a lot for your help – I couldn’t have done it without you!

Showing gratitude Bible story
Watch an animation such as https://www.youtube.com/watch?v=LzZUDRrKgl8 or read a story from the Bible. Why did only one person return to say thank you? Create your own comic strip. This could be either through drawings or acting out and taking a freeze frame photo.

As a family, find a broken branch or something that you can hang paper leaves on. Over the week, when you think of something that you are grateful for, write or draw it on a paper leaf to hang to your branches.
As a family, talk through these starting points and share your ideas together.

Being Grateful and Saying Thank You

Listen to ‘If I were a butterfly’ [https://www.youtube.com/watch?v=LjQxcWdVF1I](https://www.youtube.com/watch?v=LjQxcWdVF1I)

Create a picture of something you are grateful/thankful for out of natural materials that you have found e.g. twigs, grass, flowers, leaves.

Create your own Gratitude Journal.
Here are some ideas to get you started, creating your own pages...

Create a picture of something you are grateful/thankful for out of natural materials that you have found e.g. twigs, grass, flowers, leaves.

Play I spy looking for things that you are grateful for instead of just objects!
I spy with my little eye, something beginning...

Use this beautiful mandala image to make your own by writing, drawing, cutting and sticking all the wonderful things you are grateful for at home, school, with your friends or family.

There is a blank template below.
**Body gratitude**

I am grateful for this body
It helps me ____________________________
This body is ____________ and ____________
It allows me to __________________________

My face radiates _______________________
My eyes are filled with __________________
My lips help me _______________________
My chin is ____________________________
My neck holds me with __________________
I am grateful for hands that _____________
I am grateful for arms that ______________
With this stomach I can __________________
These hips help me _____________________
These legs allow me to ___________________
My feet are ____________________________

I am grateful for this body
It helps me ____________________________
This body is ____________ and ____________
It allows me to __________________________
SUSTAINABLE DEVELOPMENT GOALS

1. NO POVERTY
2. ZERO HUNGER
3. GOOD HEALTH AND WELL-BEING
4. QUALITY EDUCATION
5. GENDER EQUALITY
6. CLEAN WATER AND SANITATION
7. AFFORDABLE AND CLEAN ENERGY
8. DECENT WORK AND ECONOMIC GROWTH
9. INDUSTRY, INNOVATION AND INFRASTRUCTURE
10. REDUCED INEQUALITIES
11. SUSTAINABLE CITIES AND COMMUNITIES
12. RESPONSIBLE CONSUMPTION AND PRODUCTION
13. CLIMATE ACTION
14. LIFE BELOW WATER
15. LIFE ON LAND
16. PEACE, JUSTICE AND STRONG INSTITUTIONS
17. PARTNERSHIPS FOR THE GOALS