

Dear Student;

Last month we looked at the Lord's Prayer. This month ends with the Thanksgiving holiday, so it seems appropriate to look at gratitude and thanksgiving.

In his letter to the church at Thessalonica, Paul says, "Always rejoice, constantly pray, in everything give thanks." 1 Thessalonians 5:16a

We are constantly breathing, but constantly praying takes work! And some days, it is hard to rejoice or feel thankful. That is okay. Being sad or anxious is normal. It takes work to notice things we can give thanks for.

When you work on being grateful and thankful, studies show that you are less likely to worry. And when you worry less, you sleep better! A good night's sleep helps your brain and body to grow. (positivepsychology.com/gratitude-research)

Your packet includes The Little Book of Gratitude. It is filled with activities and explanations of why gratitude helps us become happier and less anxious. It is a book that can be read in bits and pieces. Use what works for you. Having a grateful mindset amplifies the good in our lives, can help get us out of downward spirals, and connect us with loved ones. Remember to be gentle with yourself.

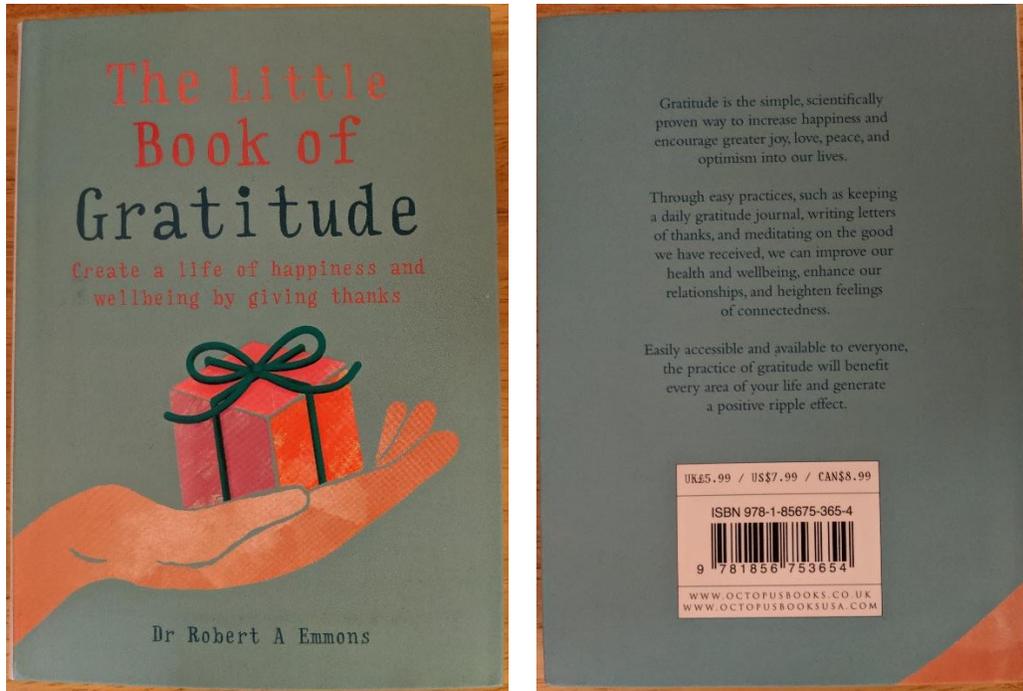
There is also a Thanksgiving turkey craft. You can write on the tail feathers the things you are thankful for. It can be colored with crayons, markers, or paint. Have fun with it.

Fun activity for the family: Thankfulness Scavenger hunt

There are post-it notes in the packet. Give everyone (including yourself) some post-its and have them go through the house sticking a note on everything and everyone that they are thankful for. Then go around and collect all the post-its and count all that everyone is thankful for.

Enjoy!

Included in the packet were post-it notes, a Thanksgiving turkey craft, and the following book:



This book can be purchased from Amazon.com.