

Dear Parents/Guardians;

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

Studies have shown that people who grateful are more likely to think positively, which leads to less worry and a better night's sleep. (positivepsychology.com/gratitude-research) A better night's sleep is good for everyone: small children and parents!

For your children ages 3-6, the packet includes a book about being thankful. Beginning readers will enjoy the pictures and a chance to think about what they are thankful for.

There is also a Thanksgiving cross craft that you can help your child write down things they are thankful for.

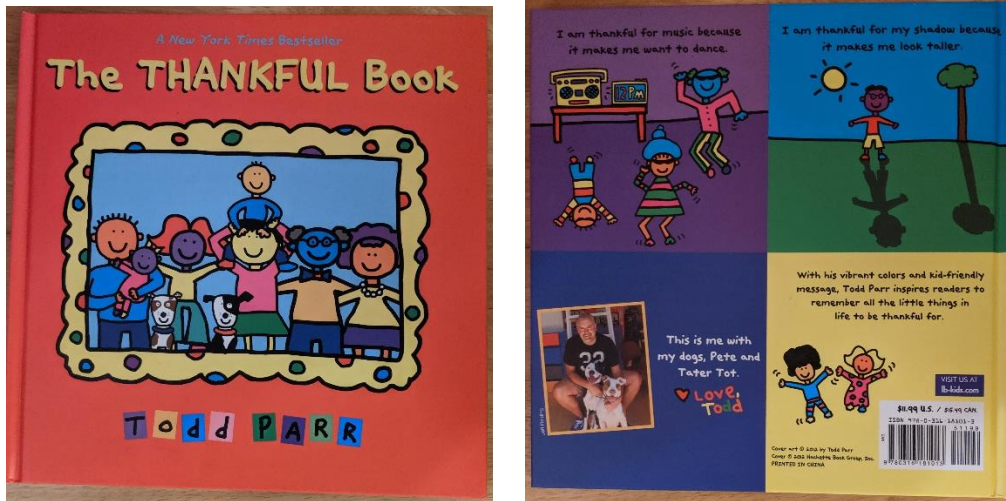
Fun activity for the family: Thankfulness Scavenger hunt

There are post-it notes in the packet. Give everyone 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 help them count all that everyone is thankful for.

Your sister in Christ,

Brenda Komarinski

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



The book can be purchased at [Amazon.com](https://www.amazon.com)