

Thank You x Infinity

Bible Story: Thank You x Infinity (Give thanks all the time) • 1 Thessalonians 5:18

Bottom Line: You always have something to be grateful for.

Memory Verse: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18, NIV

Life App: Gratitude—letting others know you see how they've helped you.

Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: Offering container, 1-2 board games or card games

What You Do:

Invite kids to put their offerings in the offering container as they arrive. Play the game(s) with the kids as you wait to start the Plug In activity or to go to Large Group. As you're playing the games, ask the kids how their week has been. Ask them to share things for which they are particularly thankful.

Plug In (9:00) (10:45) (6:00)

Game On!

What You Need: White board and markers, a timer

What You Do:

Hand out a white board to each kid. Ask them to make individual lists of their favorite games to play. Ask them to write down as many as they can. You can give them a time limit (1-2 minutes). See how many games they can write down before time is up. Then, go through the lists as a group. Similar to the game Scattergories®, if there are any duplicates, kids should mark those off of their lists. The person with the most games remaining on their list is the winner!

What You Say:

"That was a fun game! I love playing games. **[Transition]** Let's go to Large Group to see what games have to do with what we are learning today!"

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line."

Catch On #1

Head Games (application activity / great for active learners)

What You Need: Address labels or sticky notes, pencils or markers, paper bag or container

What You Do:

Give each kid four labels (with backing still attached) and a marker. Tell kids to answer the following questions with one-word answers and to make sure no one sees their answer. Have them give you their labels after each question and put the labels in the bag or container.

- Write an object you are grateful for.
- Write a skill you are grateful for.
- Write a person you are grateful for (should be a "category," such as teacher, mailman, etc.).
- Write a place you are grateful for.

Mix the labels in the bag. Then stick a label on each kid's forehead. Do not let them see what word is on their label. The object of the game is for each kid to discover what is on his or her label by asking yes or no questions of the other students. They can't ask the same person two questions in a row. Play a couple of times.

What You Say:

"Wow! You came up with a lot of things to be grateful for. It is so important to remember no matter what, **[Impress]** we always have something to be grateful for; it can be a person God put in our life, a skill or talent God gave us, or a place where you feel at home. **[Apply]** God gives us so much and His greatest gift to us is Jesus and when Jesus is in our life, we ALWAYS have something to be grateful for."

Catch On #2

Time Out! What Do You See? (*application activity / review the Bible story*)

What You Need: “Optical Illusion Images” Activity Pages, “Gray Dot” Activity Pages

What You Do:

Give each kid an “Optical Illusion Images” page. Ask the kids what they see; remind them to look very closely so they are sure to see everything. Let them confer with each other about what they see first. Different people see different images first. (The top image is both a duck and a rabbit. The bottom is the word “me” with the word “you” inside it.)

What You Say:

“I really like this picture of the word ‘me.’ At first, when I looked at it, all I saw was the word ‘me,’ but when I looked closer, I saw ‘you.’ **[Apply] Showing gratitude helps turn your focus from being me-focused to being you-focused; gratitude is letting OTHERS know you see how they’ve helped you. [Make it Personal] (Share a story when you noticed someone helping you and what you did to show gratitude.)**

(Give each kid a “Gray Dot” Activity Page. Tell them to stare at the black dot in the center of the page and tell you what happens.) “Jesus is like the dot in the middle. No matter what is going on in your life, Jesus will stay. Everything else can fade away, but Jesus will never fade away. He is ALWAYS there and **[Impress] you always have something to be grateful for—JESUS!** Jesus wants to be with you now and forever and you can always be thankful for that!

“As you looked at the illusions you saw one thing, but when you looked closer you saw something else. That is how it is with gratitude. Remember our verse from today, 1 Thessalonians 5:18. ‘Give thanks no matter what happens.’ Maybe things are going badly or you are frustrated with a situation and you have to look very close to find something to be grateful for. You have to look at the situation differently, and when you do, you can always find something to be grateful for.”

Return of the Leper

Bible Story: Return of the Leper (Jesus heals 10 lepers) • *Luke 17:11-19*

Bottom Line: Take time to say thank you.

Memory Verse: “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:18, NIV

Life App: Gratitude—letting others know you see how they’ve helped you.

Basic Truth: I should treat others the way I want to be treated.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: Offering container, 1-2 board games or card games

What You Do:

Invite kids to put their offerings into the offering container as they arrive. Play the board game with the kids as you wait to start the Plug In activity or wait to go to Large Group. As you play the game, ask the kids what the Bottom Line was last week. (*You always have something to be grateful for.*) Ask kids about the times they showed gratitude and said thank you to someone throughout the week.

Plug In (9:00) (10:45) (6:00)

Speed Thank You

What You Need: Timer, white board and marker

What You Do:

The kids will see how often they can say “thank you” in 20-30 seconds. Depending on the size of the group, have the kids go one at a time and have the group count the number of times they say thank you in the given amount of time. Keep a tally on the white board. The kid who says thank you the greatest number of times wins.

What You Say:

“Wow! You could say thank you a lot of times in such a short amount of time. **[Transition] Let’s go to Large Group and hear a story about how important it is to say thank you.**” Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on “The Bottom Line.”

Catch On #1

Who has the Answer? (application activity / review the Bible story)

What You Need: 2 sets of puzzles

What You Do:

Divide the group into two teams. Explain that the teams will compete to answer questions about the Bible story. For each correct answer, the team will get one puzzle piece. The team with the most puzzle pieces at the end wins. Read the following questions. If a team answers incorrectly, the opposing team gets a chance to answer the question.

- What book of the Bible is our story in? (*Luke*)
- What did it mean to be considered “unclean”? (*you lived on the outskirts and not in the town with your family and friends, you had a condition that was considered contagious*)
- How many guys in the story had the skin disease? (*10*)
- What did Jesus tell the men to do? (*Go show yourselves to the priest. Explain to the kids how crazy this must have sounded to the men. Remember these men weren’t allowed to go near people or into the town and yet Jesus asked them to do both.*)
- What happened on the way to see the priest? (*They were cured*)
- What is our Bottom Line for today? (*Take time to say thank you.*)
- What did the men do when they found out they were cured? (*Nine of them went on their way and one of them went back to thank Jesus and praise God.*)
- What is our definition of gratitude? (*Gratitude is letting others know you see how they’ve helped you.*)

What You Say:

“You guys did a great job remembering the story. How amazing that must have been for the 10 men—to be isolated and sick and suddenly—BAM!—they were healed. Wonderful things happen all the time and sometimes we forget to say thank you for them. Sure, being cured from a sickness is a BIG kind of wonderful, but what about the small things? Maybe you are so nervous about a spelling test and you ask God to help you and—BAM!—you find out you got an A on it. Do you remember to thank God? Or you are so hungry after school, and you walk in the door and—BAM!—your mom has a delicious snack awaiting you. Do you remember to thank your mom? Or you want to go to the movies and—BAM!—your older sister offers to drive you to the theater. Do you remember to thank her?”

“It isn’t that we aren’t grateful, it is just sometimes life is busy or we just forget to say thank you. **[Apply]** This week, let’s try to be like the one man who took the time to run back to Jesus to say thank you; let’s remember to **[Impress]** take time to say thank you.”

5-6 Challenge: Once you’ve divided up the kids into teams, have each team look up how Jesus healed the 10 Lepers in Luke 17:11-19. Instruct each team to write their own set of eight review questions about the Bible story. They can try to stump the other team while reviewing the Bible story at the same time.

Catch On #2

Say Thanks (application activity)

What You Need: Bibles

What You Do:

Lead the kids in a Scripture search by doing a “Race to the Verse.” Challenge the kids to locate the following verses, one at a time, as quickly as they can. Let the winner of each verse read it aloud. (*Verses below are from NIV.*)

- Philippians 1:3 (*I thank my God every time I remember you.*)
- 1 Corinthians 1:4 (*I always thank God for you. I thank him because of the grace he has given to you who belong to Christ Jesus.*)
- Ephesians 5:20 (*Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.*)
- Psalm 136:1 (*Give thanks to the LORD, because he is good. His faithful love continues forever.*)
- Colossians 3:17 (*Do everything you say or do in the name of the Lord Jesus. Always give thanks to God the Father through Christ.*)
- Colossians 3:15 (*Let the peace that Christ gives rule in your hearts. As parts of one body, you were appointed to live in peace. And be thankful.*)
- 1 Thessalonians 5:18 (*Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus.*)

What You Say:

“The Bible has a lot to say about how we should **[Impress]** take time to say thank you. **[Apply]** When someone has helped you, don’t hesitate to show them gratitude and take time to thank them whether it is with a phone call, a text message, or a note. And remember to take time to thank God for all the incredible people He has put in your life.”

If you lead older kids, consider asking these discussion questions:

- Talk about the last time you told someone thank you. What did they do? How did you say thanks?
- What are other ways people have helped you?
- What gets in your way to remember to take time to thank the people who help you?
- What can you do to help remind yourself to get in the habit of taking time to thank others?

Sour Grapes

Bible Story: Sour Grapes (Parable of the Vineyard Workers) • *Matthew 20:1-15*

Bottom Line: Take time to adjust your attitude.

Memory Verse: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18, NIV

Life App: Gratitude—letting others know you see how they've helped you.

Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: Offering container, 1-2 board games or card games

What You Do:

Invite kids to put their offerings into the offering container as they arrive. Play the board game with the kids as you wait to start the Plug In activity or wait to go to Large Group. As you play the game, ask kids what they learned last week. What was the bottom line? (*Take time to say thank you.*) Did anyone remember to take time to thank the person whose name they put in the "Time Out Zone"? How did they thank them? **[Make It Personal]** Share with the group how you took time to thank someone this week.

Plug In (9:00) (10:45) (6:00)

Adjustment Needed

What You Need: White board and markers

What You Do:

Have the kids sit in a circle and set the markers in the center. Tell the kids you are going to draw a picture as a group. Give the group a theme for their drawing, such as something you are thankful for, oceans, summer days, Thanksgiving dinner, etc. Explain each person will draw part of the picture and pass it on to the next kid who will add to the drawing. After everyone has contributed to the drawing, have each person discuss their part of the drawing with the group. You can repeat the activity with another theme if you have time.

What You Say:

"How many of you had one idea of what our creation would look like and when it was your turn to draw, you had to adjust your idea and draw something different? (*Pause for responses.*) What were you thinking as the paper was handed to you? (*Pause for responses.*) **[Transition]** Let's head to Large Group to hear a story about the importance of adjusting to things."

5-6 Challenge: Give each child a sheet of paper with a different theme written at the top. Have them start the drawing that is listed on their sheet. Then have the kids pass their papers to the left or right, or three people to the left, etc. Do this until the drawings look like they are nearing completion. Close with a discussion about the activity: "What were you thinking when you had to pass your drawing to another person? How many of you had one idea what our creation would look like and when it was your turn to draw, you had to adjust your idea and draw something different?" Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line."

Catch On #1

Fair or Unfair? (application activity / great for active learners / possible large-group activity)

What You Need: "FAIR" and "UNFAIR" butcher papers, tape

What You Do:

Tape or place the "FAIR" paper on one side of your space and the "UNFAIR" paper on the opposite side. Have the kids line up parallel to the signs, in the middle between the sides. Read the following situations and the kids will determine if the situation is "Fair" or "Unfair." Once they've made a decision each time, they should take a giant step toward the side they think it is. After all the kids are standing at the "Fair" or "Unfair" sides, ask the kids to share ways they could adjust their attitude to be grateful even if the situation they are in seems unfair.

- Your parents give you ice cream after dinner and you notice your sister has more ice cream in her bowl than you. Fair or Unfair?
 - "I can definitely see how that is unfair. How can you adjust your attitude to be grateful instead of miserable? And no, you can't steal some of your sister's ice cream when she isn't looking."

(Be thankful you have some ice cream, maybe you notice it is your favorite flavor, thank your parents for the treat and gobble it up.)

- You study really hard for your spelling test and you get an A. Fair or Unfair?
- Your friend doesn't study at all for the spelling test and gets an A. Fair or Unfair?
 - *(This is a great opportunity to discuss the danger of comparing what you have and don't have with others. You studied and got the A you deserved, just like the workers who were hired first received the payment they deserved. Don't let comparing your life to others steal the peace you could have knowing God has given you what you need; and you might need to take time and adjust your attitude and accept that what you do and don't need just might not be the same things other people in your life need.)*
- Your parents say you have to go to bed early because you have a soccer game in the morning but you aren't even tired. Fair or Unfair?
 - "I can definitely see how you could answer this either way. How can you adjust your attitude to be grateful instead of miserable?" *(Be thankful you can play soccer, be thankful your parents care about you, think about how fun the soccer game will be.)*
- You are going to a friend's house to hang out, but first you have to go to the grocery store with your mom and it is taking FOREVER! She keeps running into people she knows and stops to talk to them! At this rate, you will NEVER get to your friend's house. Fair or Unfair?
- You are going to a friend's for a sleepover. Everyone is bringing their iPad®, but your mom won't let you bring yours. Fair or Unfair? How can you adjust your attitude to be grateful instead of miserable? *(Be thankful you have an iPad®, challenge your friends to have an electronic-free night and come up with creative ways to hang out together and stay entertained.)*

What You Say:

"There is a lot in life that is not fair, but what is really important is how you handle situations that you think are not fair. When you **[Impress] take time to adjust your attitude, [Apply] when you take time to be grateful even in unfair situations, you are showing others you can trust God to take care of you no matter what.**"

Catch On #2

Vineyard Verse Relay (memory verse activity / optional large group activity)

What You Need: Piece of yarn or twine, a set of the "Vineyard Verse Cards" (Activity Page), tape

What You Do:

Each team has a piece of yarn or a "vine." The teams form a line at one end of the room. The Small Group Leaders will spread a set of "Vineyard Verse Cards" face down across the playing area from each team. The first player from each team races down and flips one card over. If they think the phrase is part of the memory verse, they take the card back to their team and put it on the "vine." If the phrase is not part of the memory verse, they flip the card back over and return back to their team empty handed. When a kid returns to the team, then the next kid in line races down to the cards, and the relay continues until the team has collected all the correct phrases. The first team to have the verse attached to their "vine" in the correct order wins.

What You Say:

"Did anyone get frustrated during the game? Maybe you were frustrated because you knew you didn't flip the correct card face up or you wanted to go faster than your teammates were going. **[Apply] When things don't go our way, it is easy to get a bad attitude. But like we are learning today, [Impress] take time to adjust your attitude;** don't let the wrong attitude spoil your gratitude. **[Make It Personal] (Give an example of a time you needed an attitude adjustment and needed to trust God; perhaps you had to walk the dog in the rain and you were not happy about it, or you were running late and got stopped by every red light. Also, share with the kids how you adjusted your attitude and decided NOT to let your attitude affect your gratitude for what God has given you.)**

If you lead older kids, consider asking these discussion questions:

- Imagine you are one of the hired workers in the story. What would be your attitude if you were hired at the end of the day? Would you think it was unfair you were paid as much as the other workers? Why or why not? What would be your attitude if you were hired early in the morning? Would you think it was unfair you were paid the same amount as the rest of the workers who were hired later in the day?
- What are some situations today that can be unfair?

- How do you normally respond to those types of situations? Why?
- It is not easy to have a positive attitude when life is unfair or incredibly frustrating and simply just plain confusing. During these times, what are some things we can do to help adjust our attitude and show others that we can trust God no matter what? (*Pray, talk to a friend or a Christian mentor, do something we enjoy, help someone else, stop complaining, etc.*)

Once, Twice, Three Times to Celebrate

Bible Story: Once, Twice, Three Times to Celebrate (Israelite Feast Days) • *Exodus 23:14-19 (2 Kings 23, supporting)*

Bottom Line: Take time to celebrate what God has done.

Memory Verse: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18, NIV

Life App: Gratitude—letting others know you see how they've helped you.

Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: Offering container, 1-2 board games or card games

What You Do:

Invite kids to put their offerings into the offering container as they arrive. Play a board game or card game with the kids as you wait to start the Plug In activity or wait to go to Large Group. As you play the game, ask the kids what traditions their families have to celebrate Thanksgiving or any holiday. Do they eat a certain food or play a particular game? Do they spend the holiday at their house or somewhere else? Who celebrates with them?

Plug In (9:00) (10:45) (6:00)

I am Going to Grandma's for Thanksgiving ...

What You Need: No supplies needed

Note: If you are outside of the United States, you can adapt this activity to "I am Going to Grandma's for a Party."

What You Do:

Form a circle. Explain you are playing a game where the first person will say, "I'm going to Grandma's house for Thanksgiving, and I'm taking a ..." He should then complete the sentence by naming a food item that begins with the letter "A." The next person will repeat the sentence, including the first item and adding a food item that begins with the letter "B." Play for several minutes, continuing to add items. You can play a second round with other items that are not food items but items you would want to bring to Thanksgiving or a party.

What You Say:

"We all have different ways of celebrating the holidays. **[Transition]** Let's head to Large Group and to learn about one of the most important things we can celebrate."

5-6 Challenge: Have the first person say the sentence and add anything they would like to take to Grandma's house—it doesn't have to be food. The second person must add an item beginning with the last letter of the previous item. For example, if the first person says, "I'm going to Grandma's house for Thanksgiving, and I'm taking a football." Then, since "football" ends with "L," the second person must say a word that starts with "L." For example, "I'm going to Grandma's house for Thanksgiving, and I'm taking a lollipop." The third person would then have to add an item that begins with the letter "P." Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line."

Catch On #1

What's the Celebration? (application activity / review the Bible story)

What You Need: "Celebration Discussion" Activity Page; 6 bags with item inside each

What You Do:

Instruct a kid reach into the bag and, without looking at what's inside, describe what they feel. See if the group can guess what it is. When they are finished guessing, have the kid show the group what the item was and see if they were right. Then have the kids explain what the item has to do with the Bible story they learned in Large Group and how it relates to celebrating what God has done. Use the "Celebration Discussion" Activity Page to prompt discussion about each item.

What You Say:

"We learned a lot about different ways people celebrate what God has done for them. **[Apply]** The important thing about celebrating what God has done is we don't just limit it to a day or a week but we celebrate God every day. The greatest gift God gave us is Jesus. Jesus' love for us isn't limited to Christmas and Easter; Jesus loves us EVERY DAY and therefore, we should **[Impress]** take time to celebrate what God has done and celebrate Jesus EVERY DAY with everything we do and say."

Catch On #2

Verse Pass (memory verse activity / great for active learners / optional large-group activity)

What You Need: "Puzzle," gift boxes

What You Do:

Separate your group into two teams and have each team line up. Each team will have a stack of puzzle pieces at the front of the line and the puzzle board inside the gift box at the end of the line. The object of the game will be to pass the puzzle pieces through the line and be the first team to get puzzle put together. The kids will pass a puzzle piece using only one hand. The first kid will pass the puzzle piece over his head to the next in line who will then pass the puzzle piece between his legs to the next kid in line and so on. The kid at the end of the line, when he receives the puzzle piece, will place it on the puzzle board. Once all the puzzle pieces have been placed on the board, the kid at the end of the line will pass the gift box back to the start in the same fashion until the box gets to the start of the line. The first team with a finished puzzle in their box at the start of the line wins.

What You Say:

"Say the memory verse with me. That is right! **[Apply]** God wants us to thank him because we believe in Christ Jesus! And when we take time to celebrate what God has done, when we take the time to thank God for all He has done for us, we are showing the world that we believe in a God that is worth celebrating! **[Impress]** Take time to celebrate what God has done."

Optional Large Group Activity: Make this a large-group activity by having all the Small Groups compete against each other.

If you lead older kids, consider asking these discussion questions:

- How do you celebrate special events in your family, such as birthdays, holidays, anniversaries, etc.?
- What are some things that God has done for you?
- What are ways you can celebrate what God has done for you?

Credit Where Credit Is Due

Bible Story: Credit Where Credit Is Due (Paul thanks people) • *Romans 16:1-19*

Bottom Line: Take time to remember how others have helped you.

Memory Verse: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18, NIV

Life App: Gratitude—letting others know you see how they've helped you.

Basic Truth: I should treat others the way I want to be treated.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: An offering container, 1-2 board games or card games

What You Do:

Invite kids to put their offerings in the offering container as they arrive. Play a game with the kids as you wait to start the Plug In activity or wait to go to Large Group. As you play the game, engage the kids in a conversation: Who was someone that did something awesome for you this past week? How did you thank them?

Plug In (9:00) (10:45) (6:00)

Remember

What You Need: Several random items, a tray, a cloth covering the items on the tray, white board, markers, timer

What You Do:

Have the kids circle around the covered tray of items. Give each kid a white board and marker. Explain once you uncover the tray, they will have exactly 30 seconds to look at the items and try to remember what they see on the tray. Set the timer for 30 seconds and remove the cloth covering the tray. After 30 seconds is up, cover the tray. Give kids 1-2 minutes to jot down all the items they remember seeing on the tray. Then uncover the items again and determine who remembered the greatest number of items. Ask the winner to read off their list as you check the tray to see if the items listed are among those on the tray.

What You Say:

"You did a great job remembering what was on the tray. We have a lot of things we need to remember, don't we? We need to remember to brush our teeth, **[Recycle] treat others the way we want to be treated**, make our beds, turn off lights when we leave the room, and the list goes on. **[Transition] Let's go to Large Group to hear something important God wants us to remember to do.**" Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line."

Catch On #1

And the Thanks Goes To... (application activity / review the Bible story)

What You Need: "Matching Thanks" Activity Page, pencils, Bibles

What You Do:

Give each kid a copy of the "Matching Thanks" Activity Page. One column contains the names of people Paul appreciated and one column contains why Paul appreciated them. The kids will need to match the person with how they helped Paul. There are references the kids can look up for help to determine the answer. The answer key is listed below:

Who Paul Appreciated:

Phoebe

Tryphena, Tryphosa, Persis

Herodian

Apelles

Priscilla/Aquilla

Urbanus

Why Paul Appreciated Them:

She has been a great help to me (Rom. 16:1-2)

They worked very hard for the Lord (Rom. 16:12)

My relative (Rom. 16:11)

He was put to the test & remained faithful (Rom. 16:10)

They worked with me, putting their lives in danger for me (Rom. 16:3)

He works with me in serving Christ (Rom. 16:9)

What You Say:

"Look at all the ways people helped Paul and he took time to remember how they helped him. Paul remembered people who worked hard for Jesus and worked hard to share with the world how much Jesus loves them. Who

have you seen sharing Jesus with the world? *(Pause for answers.)* Paul remembered people who had a strong faith. Who do you know with a strong faith you find inspiring? *(Pause for answers.)* Paul remembered his relatives, is there a relative in your family who could benefit from a shout-out? **[Impress]** **Take time to remember how others have helped you. [Make It Personal] (Share a story of someone you remember who helped you, maybe it's someone who shared Jesus with you, or who inspires you with their strong faith, or a relative/friend who shows you Jesus' love.)**

Catch On #2

Gratitude Cards *(application activity)*

What You Need: Card-making supplies

What You Do:

Ask the kids to make a list of the people in their lives who have helped them or who they appreciate; it can be someone who helped them recently, like a teacher or coach, or someone who helps them every day, like a parent, sibling, or friend. Have the kids share with the group one person on their list and why they appreciate that person. Explain to the kids they are going to take a "Time Out" and remember how others have helped us and to thank them with a gratitude card. Using the card-making supplies provided, have the kids create a gratitude card. Remind them to write in the card why they appreciate the person. For example, "Thank you, Mom, for making me dinner every night. I especially like it when you make my favorite dinner."

What You Say:

"Paul knew how important it was to **[Impress]** take time to remember how others have helped you. **[Apply]** There are so many ways you can let people know how grateful you are for the help they have given you. Writing a thank you card is one way to show gratitude. Can you think of other ways? *(a phone call, do something nice for someone, bake them something, spend time with them, treat them the way you want to be treated)* We have a lot of great ways to show people they are important to us and we are grateful for help they have given us. This week, let's remember **[Impress]** to take time to remember how others have helped us and take time to thank them."