

### BIG IDEA

Often we focus on what we don't have and forget to take to stock of what we do have. If you focus on what you don't have, something will always be missing. It's important to be thankful for what you have and not take those things for granted. Some of the most successful people are generally the most thankful. Spend time this month as a family talking about thankfulness and how you can show thankfulness at home, at school, and in your community.



### ACT IT OUT

**At Home:** Sometimes it's hard to remember to be thankful for the things you have. Spend this month creating a Thankful Leaf Wreath. Take time during meals to think about the things and people you are thankful for and use the wreath to create a visual reminder.

**At School:** Showing appreciation to those people you are thankful for can really lift their spirits. Take time with your child to write a short note of appreciation to their teachers, principal, lunch person or other school personnel.

**In Community:** Being thankful can make you think about people who might not have the things you have. Operation Christmas Child (OCC) is an organization that collects shoeboxes filled with toys, school supplies, and other items to send to children in the world who don't have the same advantages as us. Consider filling shoeboxes as a family or finding an OCC packing party in your community to join.

### TALK ABOUT IT



**Week 1:** How do you think being thankful changes the way you look or feel about something?

**Week 2:** What are some ways we can show that we are thankful to our family? Our friends? Our teachers? Others?

**Week 3:** How can we be better at being thankful? How can we help you be more thankful?

**Week 4:** What have you been thankful for this month?

### CALENDAR YOUR KIDS



On your child's birthdate day, schedule a specific time to spend with your child. *Example: Your child's birthday is 10/15. You would plan time for that child on the 15th of each month.*

**Beginner Idea:** Show your child you are thankful for them by telling them and giving them a hug.

**Advanced Idea:** Take your child out for a meal. On the way there, talk about being intentional to thank each person that helps you from the greeter to your server.