**A Touch of Gratitude** from Ten Minute Life Lessons for Kids by Miller

Group size: 1 or more

Age: 4 and older

Materials: 1 men's tube sock; cylinderical container 6-12 inches high and 4-6 inches in diameter with no sharp edges (large soup can, mason jar, plastic tube, oatmeal box, or hot chocolate can); small objects from around the house.

This is a fun game to remind children of all the things in life for which they should be grateful. Before you start, gather 8 - 12 small objects (at least as many objects are there are children playing the game) from around the house that represent "blessings" in life. Some ideas are:

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| **Object** | **Blessings it represents** |
| small blossom | flowers and beautiful plants |
| toy animal | variety of animals for many different purposes (food, or pets) |
| carrot | food to eat |
| doll clothes | clothes to wear |
| small ball or toy | fun and recreation in life |
| pencil | gift of being able to write |
| paper | ability to recrod and pass down information / history |
| toy car | car and transportation |
| tiny book | books, knowledge, education |
| small soap | soap and sanitation (to maintain health) |
| small light blub | electricity |
| bandage or aspirin | medicine and doctors |
| dollar bill or coin | money to buy things |
| small doll | people around us -- family and friends |
| leaf | trees |
| sun (small cutout) | sunshine |
| raindrop (small cutout) | rain |

The list is endless, limited only by your imagination and what you have available. Place all the items in the can. Stretch the tube sock over the can so that the toe of the sock is snug around the bottom of the can. There should be a long section of the sock extending beyond the top of the can or jar, through which a child can put his hand, creating a "mystery can" because the objects will not be visible. Place all the items in the can before beginning the activity.

The child puts her hand into the opening of the sock, down into the can, and feels for one object, and must tell you what he thinks the object is before pulling it through the opening of the sock. After he takes it out, he must tell you what gift or blessing he thinks it represents. If there is more than one child, have them take turns reaching for objects.

For older children, after they have identified the blessing represented by the object, ask them to describe what life would be like without that blessing, or discuss how some people today live without it, or talk about people in history who have survived without it and how their lives were different.