**Ruhi Grade 1 Lesson 10: THANKFULNESS**

**Slightly modified from Ruhi Grade 1 curriculum**

**Prayers-** prayer is conversation with God, so we should have listening ears, closed eyes and open hearts.

* Prayer Sharers
* O God educate…
* Blessed is the spot
* Review of quotes from prayer book

**Intro to new virtue- THANKFULNESS**

When we receive even the smallest of gifts, we thank the person who gave it to us. ‘Abdu’l-Bahá tells us that we should be thankful to God for having given us so many gifts- including the gift of life itself- and for having caused our hearts to overflow with His love. We must be thankful to God at all times, even in times of difficulty. Giving thanks to God helps us to be open to receiving even more of His limitless bounties. Thankfulness is realizing how much you have to be grateful for and not taking even little things for granted.

Do you remember this **cup (half full/half empty image)**?

Thankfulness or gratitude is more than just saying thank you. It’s also looking at the good side of things, noticing the beauty around us, and doing your best to show God you appreciate all He has done for you. It’s CHOOSING to be happy about what we DO have or CAN do, rather than unhappy about what we DON’T have or CAN’T do. Did you know that when we are happy and show our gratitude to God, and show loving-kindness towards others, God sends us more blessings in our lives?

**Memorization: “Be thou happy and well pleased and arise to offer thanks to God, in order that thanksgiving may conduce to the increase of bounty.”**

 (PASS OUT QUOTE)

Conduce

1. Nadia is always clean. She knows that cleanliness is important for spiritual growth. Cleanliness conduces to spirituality.

2. Seff’s family talks regularly about important family matters. Because they consult together, they live in harmony. Consultation conduces to harmony.

SET TO MOVEMENT and then SING

**What does someone practicing Thankfulness look like?**

**What would thankfulness look like if…**

-You feel sad and defeated because of many problems?

-You wish you were more like the popular person you know?

-You go for a walk in a place of beauty?

-You have a painful experience and wonder why God allowed it to happen?

-Someone give you a gift?

It's easy to be thankful when you're having fun with your friends and you're happy.  How about at other times?

**How do you feel when someone shows thankfulness to you?**

God likes it too! Do you know what the Bahai Writings say is the best way to thank God? **To love one another!**

**SONGS:**

I Thank and Praise Thee Lord (see [www.supportingthecoreactivities](http://www.supportingthecoreactivities) for song and lyrics)

Gratitude by Red Grammer (lyrics on [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org))

**COOPERATIVE GAMES:**

**A Touch of Gratitude**- Divide class into two groups- one goes into the other room and one stays in main room; form circle.

Materials: 1 men’s tube sock, cylindrical container (oatmeal box, etc.) with 8-12 small objects from the house that represent blessings in life, such as pencil- being able to write, bandage-doctors, leaf- trees and the beauty of nature

Each child takes turns putting hand in sock, feeling one object, saying what he thinks the object is before pulling it out through the opening. As he take it out, he says what gift from God he thinks it represents. For older children- can also ask what they think life would be like without that blessing.

**Duck, Duck, Goose Variation**- go around and say blessing, blessing, Thankful. That person has to run and try to catch you. Whoever sits in seat says what they are thankful for and why. If they get caught then they say 2 things.

**“Quick Impulse”**

Ask the students to form a circle holding hands. The children must send a pulse signal through the group. One child begins by quickly squeezing the hand of the child to his or her side, who passes on the signal to the next child, and so on, until it returns to the first child. The children should be timed and challenged to go faster and faster. Once the children have learned the basic game, you can ask them to send the pulse in the opposite direction or to increase the number of squeezes per pulse.

**STORY:** A New Coat for Anna by Harriet Ziefert or **I See Kindness Everywhere**

**CRAFT-**Making thank you cards

Thankful for Thankless Jobs:

There are many people who perform thankless jobs that make your child's life easier. This could be a teacher, janitor, librarian or someone who organizes a community event. MAKE A LIST or just say outloud. We are each going to create a thank you card to give to one of these people

Also- give them a **gratitude journal** to write down the things that they are thankful for- show sample. They can bring it back next week and share.

**Closing Prayer**