**Thankfulness Lesson 01**

Memorization:

Reflect, O people, on the grace and blessings of your Lord, and yield Him thanks at eventide and dawn. ~ ~ Bahá'u'lláh

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| **Time** | | **Activity** | | **Who** | **Details** | | | | **Materials** | | |
| 3:15 | | Play/snacks/Park | |  | Snacks for children: | | | | Name-tags | | |
| 4:00 | | Walk to Michelle's | |  | Remind children and parents to remove shoes and enter quietly | | | | Rope with rings | | |
| 4:05 | | Opening prayer: **Blessed is the spot** | |  | Ask: Why we always start with prayer?  (Because God is the source of all virtues, and we are asking for His help in our spiritual development.) | | | | CD with song  Poster with words | | |
| \*\* | | Helper White Board | |  | Write each child's name, and how they will help in class today | | | |  | | |
|  | | Remind children class rules | |  | 1. Raise hand before speaking  2. Stay seated, please do not bounce around and distract  3. Keep your hands and feet to yourself  4. REMIND children and parents there is a quiet room | | | |  | | |
| 4:10 | | Introduce Topic | |  | **Description of Thankfulness**:  1. Thankfulness means being glad for all the people and things in our lives, even the little things we sometimes do not notice. Another way to say "thankfulness" is the word "gratitude" or "being grateful".  2. What are some of the things you are thankful for? (go around the room, give each child a chance, someone will write it on the white board, then review it after each child has had a turn ... "One of the things Dev is thankful for... and one of the things Nyla is thankful for...")  3. Where do each of these things thing come from? (trace all of the blessings back to God). | | | | | 2nd White Board, markers | |
|  | | Song: *I thank and praise Thee, Lord* | |  |  | | | | | Poster, CD | |
| 4:30 | | Story:  *The Blessings Jar* | |  | One child holds the jar, and other children each hold one of the 'blessings' to puts it into the jar at the right point in the story. | | Quart jar, silk flower, doll ballet slippers, small napkin with pic of ice cream, sea shell, silk leaf, cookie cutter, glitter in a small jar, bookmark | | | | |
|  | | Learning in Action: Make a 'thank you' card for someone | |  | Adult will write the 'thank you' words the child dictates, and the child can sign the card. | | | | Blank cards, stickers or punched forms, markers or pens | | |
|  | | Frost cookies | |  | Decorate cookies to give to your family | | | | Frosting, sprinkles | | |
|  | | Story: *Select one* | |  | As children finish activities, to help them settle down | | | |  | | |
| 5:25 | | Memorize Verse | |  | with motions (below) | | | |  | | |
| 5:30 | | Closing song | |  | This little light of mine | | | | Tea candles | | |
| **Backup Activities** | | | | | | | | | | | |
| Outdoors | |  | |  | | | Parachute games, tag | |  | | |
| Stories | |  | |  | | | *The Thank You Book* (by Mo Williams)  *Pelle’s New Suit (by Elsa Beskow)*  *Thank You, Thanksgiving (by David Milgrim)*  *Thankful Together* (by Holly Davis) | |  | | |
| Songs | |  | | | | |  | |  | | |
|  | | Handouts | | Reflection for parents, CD with songs, coloring sheets | | | | |  | | |

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| Reflect | Tap your finger to your temple |
| O people | hands in front, palms up, then spread them to each side while looking from side to side |
| on the grace and blessings | fingers like rain drops coming down from heaven |
| of your Lord | palms open upward, raise hands to the sky while looking up |
| and yield Him thanks | prayer hands in front, bowing head |
| at eventide | Sign for evening: left hand open with palm down (like the horizon), right hand open with palm down , pulse it while lowering twice (like sun is setting) |
| and dawn | Sign for dawn: Left hand on right arm just above elbow (like the horizon), right hand thumb and index finger make a circle like sun, other fingers spread wide like the rays, raise the "sun" in front of horizon from below to above |