

activity 1

Make a Gratitude Journal



1. Make or buy a journal or notebook. Even if you take a few sheets of paper, fold them in half, and staple them together - anywhere where you can write things down. Put both the journal and a pen or pencil beside your bed.

2. Each night before you go to sleep, write down the date and a few good things that happened that day. Then write how you think these blessings came from Heavenly Father.

3. Make sure you thank Heavenly Father in your prayers!

activity 2

The Grateful Turkey

This turkey would sure be grateful if you would help warm him up! He's missing all his feathers!

Here's what you can do to help him:

Mount him on the wall or place him on a flat surface. Write or draw a picture of something that you are grateful for on as many feathers as you can.

Attach the feathers to the turkey. Your grateful feathers help keep him warm!

Thanks for your help in making our turkey warm again!