

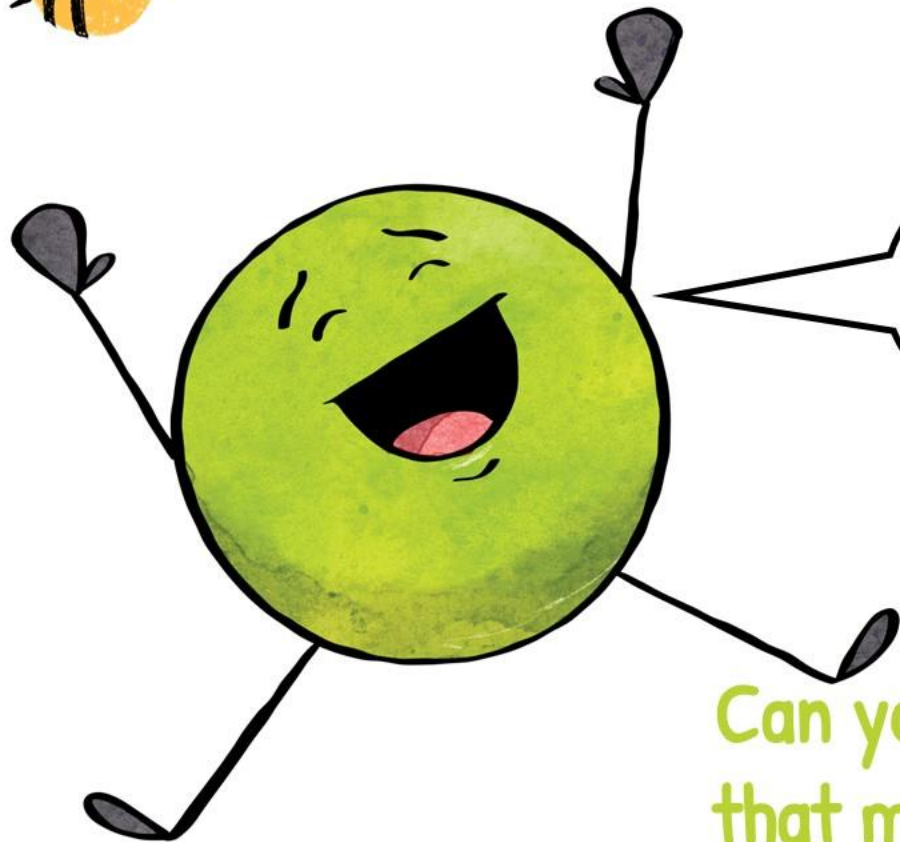


Are you  
ready for ...



**THANKFUL  
THURSDAY**



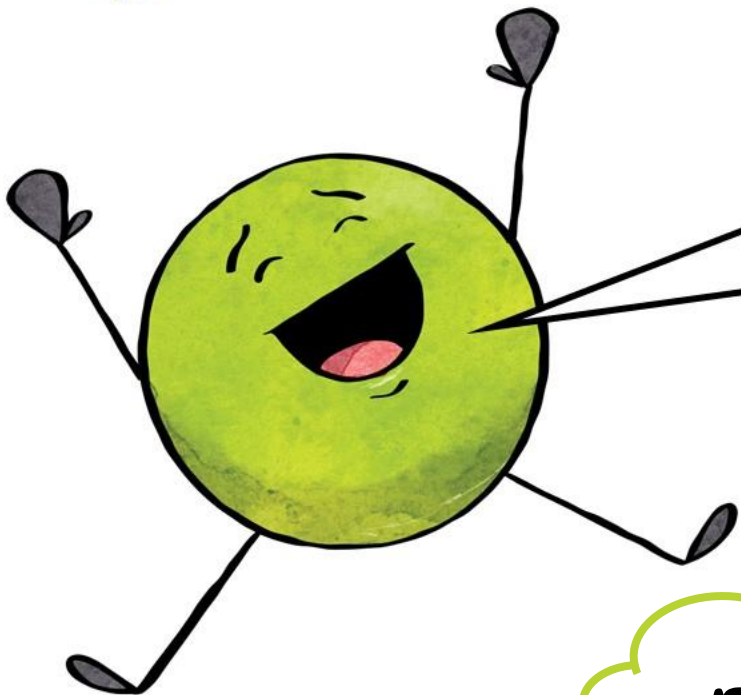


I am  
THANKFUL



Can you think of any other words  
that mean the same or similar to  
the word 'THANKFUL'?

# Words



Did you  
think of any  
of these?

glad

thrilled

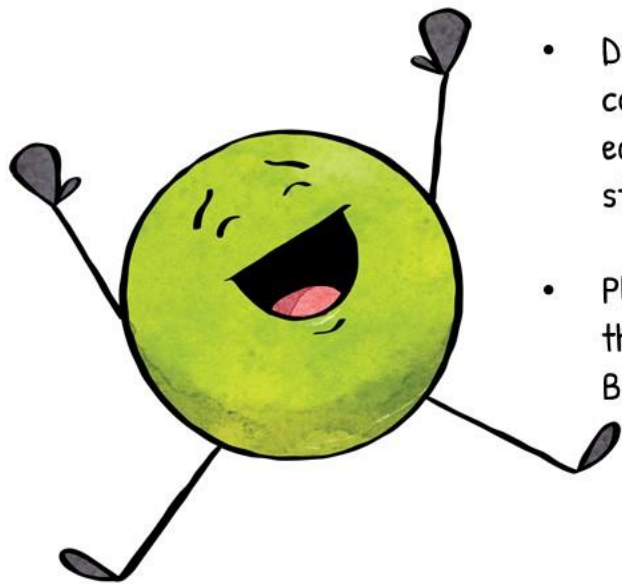
pleased

grateful

Can you think of a time when you were thankful?

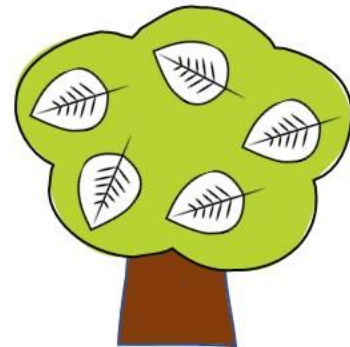
# Activities

- How do you look when you are thankful? See if you can make that face now. Draw a picture of you and draw your face and body carefully. Do you look like the 'Thankful Thursday' character? You could even get someone to take a photo of you looking thankful.
- Draw yourself a thankful tree on a big piece of paper. It can be as simple or complicated as you like. Draw leaves, fruit or even acorns to cut out. Fill in something each day that you are thankful for on one of your cut out leaves, fruit or acorns and stick it to your tree. Watch your tree grow!
- Play a game with someone where you use the alphabet and starting with the letter A - think about something beginning with that letter that you are thankful for. Move onto B then C and so on. Take turns to think of something.



Adventures  
Baking  
Chocolate  
Dreams  
Eating  
Friends  
G...

Thankful  
tree



Being thankful will help you to be more positive in life.

# Affirmations



I am glad

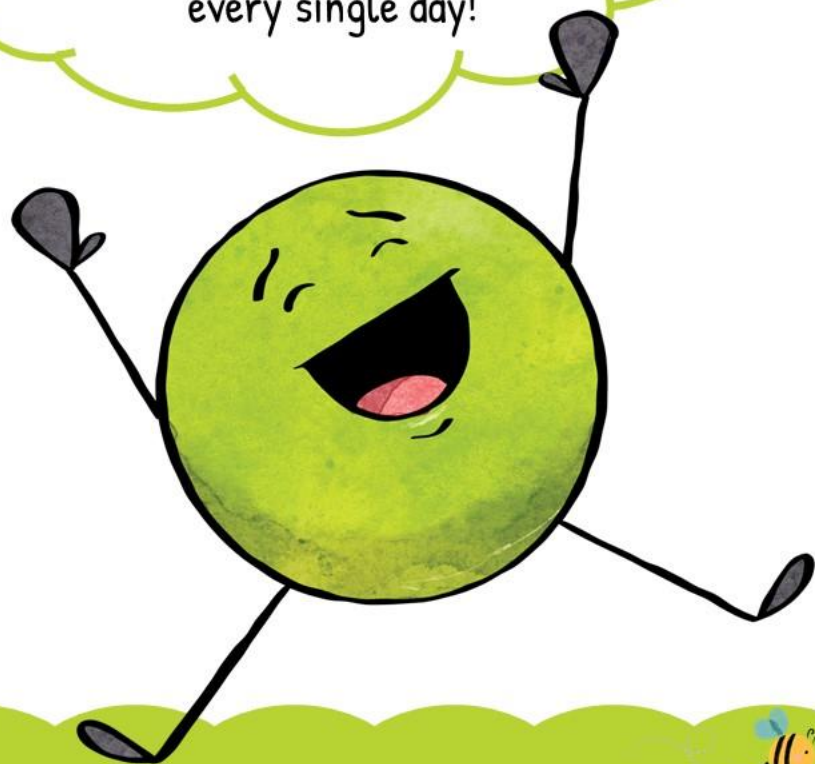
I am thrilled

I am pleased

I am grateful

I am thankful

Look in a mirror and  
repeat these  
statements out loud  
every single day!





Awesome  
work!

Are you  
thankful?