

# Gratitude

If you look outside you will see spring flowers growing and the birds building their nests.

Ask your children what other good things they have seen in the world this week.

It is good to stop worrying and think about the good things in the beautiful world around us.

In the Bible Jesus said that God cares for the birds and made wildflowers and weeds look beautiful.

If he cares for the birds how much more does he care for us?

On a bird or a flower shape write or draw something good that you have seen being created.

You might like to make it a prayer.

Put your picture or prayer into the dish or stick it onto the large piece of paper.



Jesus said: ' Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds.' Matthew 6:26

We are bombarded with worrying news at the moment but even during this uncertain time there are things that we can thank God for.

This prayer activity is to help our children to look around them and notice the good things that are surrounding them. It is linked to birds and flowers because they are signs of spring and they also link into Jesus words about God's care in Matthew 6: 26-34.

## Gratitude Prayer activity

### You will need

- A jug/vase of spring flowers
- Some pictures of spring such birds and flowers
- Paper bird or flower shapes, an outline is attached
- Some colourful pens
- A dish for collecting the completed prayers **OR** a large sheet of paper to stick them onto. (You will need some glue sticks if you intend to do this)
- Tablecloth
- Instruction label

### Instructions:

1. Copy the flower or bird outlines.
2. These can be cut into rectangles there is no need to cut them out in detail.
3. If you are going to put the prayers in a dish lay that in the centre of the cloth.
4. If you are going to stick them on a large sheet of paper, make sure that you have plenty of glue sticks.
5. Arrange the jug of flowers as a focal point. Add photographs of signs of spring if you have them.

## Gratitude.

If we look outside, we can see signs of spring. What have you seen in the world around you that is good this week?



Take a bird or a flower shape and on it write a thank you prayer or draw a thank you picture of something that is good.

Then put your thank you prayer or thought into the dish or stick it onto your large piece of paper.



