



BILLY'S PLACE

FAMILY TIME FUN

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

Life

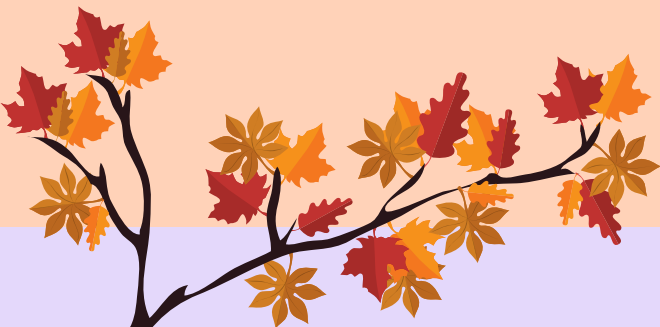
IS FULL OF GIVE AND TAKE...

Give

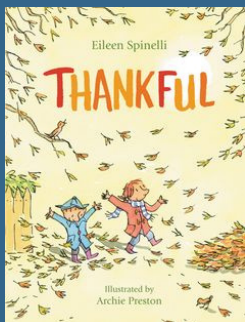
THANKS AND TAKE

Nothing

FOR GRANTED



BILLY'S BOOK CORNER



The book *Thankful* is a children's book that helps kids be more aware of the little things they can be thankful for during this holiday season. Some examples are things you don't think of every day. The book gives kids the opportunity to recognize how blessed they are and that they can be thankful for both the big and little things in their life.

NOVEMBER 2020
THANKFUL, GRATEFUL,
BLESSED

THE GRATITUDE GAME

Supplies: pipe cleaners and paper (optional)

With your child, explain there are many things to be grateful for in your life.

Mix up the colors of the pipe cleaners. Create a cheat-sheet so that everyone in the game knows what each color means (i.e. a food you are thankful for can be green, a place you are thankful for can be red, etc.). Take turns picking out one color at a time and saying the things you are grateful for.

Another variation could be to close your eyes when you pick so that you are surprised and the game switches up :)

GRATITUDE GAME

-  Name a Person You are Thankful for
-  Name a Place You are Thankful for
-  Name a Food You are Thankful for
-  Name a Thing You are Thankful for
-  Name Anything of Your Choice

Table Talk

While everyone is gathered around the table, go one by one and say something you are grateful for. This is a great activity to do on Thanksgiving Day with all of your family as well as a regular night that you feel you want to discuss it.

This conversation is perfect to have with your kids because they can learn that you can be thankful for something no matter how big or small it is.

It is very important this time of year to embrace everything you are thankful for and recognize how blessed we are!

