

Gratitude is letting others know you see how they've helped you.

Read: Psalm 95:2

DAY

1

Habit Tracker

When you want to do something, you're more likely to do it if you set a reminder. Make a 4 day habit tracker. You can have four squares on a piece of paper, a paper chain, or whatever you would like. On each piece, write "Be Grateful." Every day for this whole week say one thing you are grateful for. Then, mark it down on your tracker.

To make this easier to remember, do it around the same time every day like when you wake up or when you go to bed.

LOOK for opportunities to tell God, "Thank you."

DAY

2

Picture Thankfulness

Draw a picture of something or someone you are thankful for. When you're finished, take a moment to thank God for it!

Remember to check your habit tracker!

THANK God for providing for you.

DAY

3

Praise God!

We can praise God in many different ways. Using this week's verse and pair it with an act of praise. Some ideas might include, making the words into a song or dance!

LISTEN to songs to learn about different ways to worship God.

DAY

4

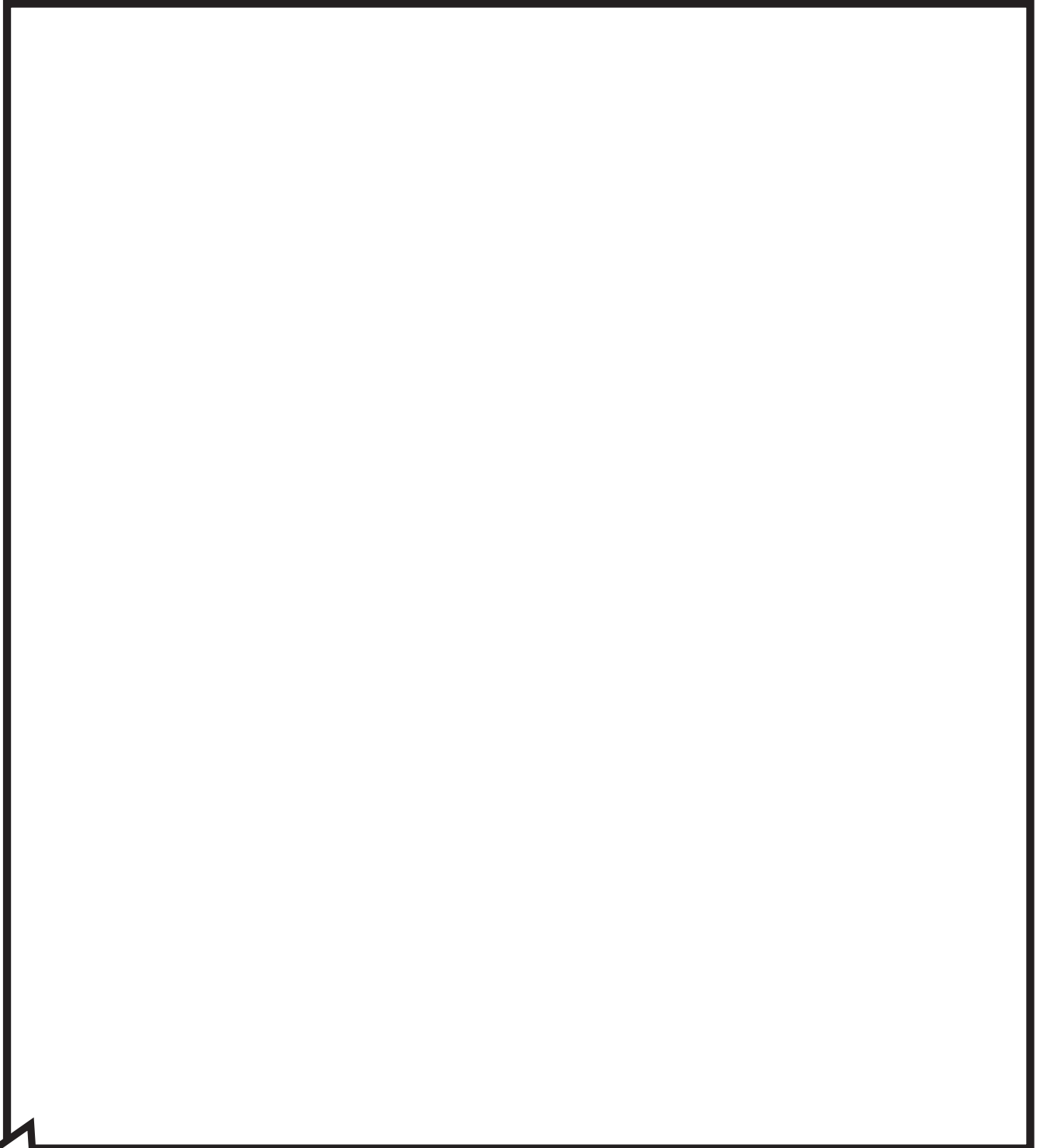
Pray Always

Making a habit of praying can remind us to speak out about what we are thankful for. Pray and thank God for the good things you've been naming this week: the people in your life who help you, things in your home that comfort you, or even your favorite toys. God will be happy to hear about whatever you have to share.

KNOW that God is always there to listen.

Make a habit of
being grateful.

Thank You, God!



Draw a picture of something you have thanked God for this week.