

## TALK TOGETHER about Thankfulness

'Count your blessings' is an old saying, but it reminds us to be **thankful** and not take things for granted.

As a family you may like to talk about

- Remembering to let other people know when you are **thankful**
- Not taking things for granted
- Practical ways of showing gratitude
- How it feels when someone **thanks you!**

## THINK TOGETHER Words of Wisdom

"God gave you a gift of 86,400 seconds today.

Have you used one to say **thank you?**"

*Anon*



## READ TOGETHER...

### The Man Who Came Back

Jesus was travelling along the dusty roads towards Jerusalem. At each village he was welcomed by people, happy to see him and listen to his teaching. But today, as he entered the village he saw in the distance a small group standing apart from the crowd. They were calling out, "Jesus, Master, help us, please make us well." These poor people had a disease called leprosy. They were terribly ill and no-one in the village wanted to go near them.

But Jesus didn't ignore them. He stood among them and prayed for them. As each of them went on his way they began to notice that their whole bodies were healing up. They were so excited that they immediately rushed off to share their good news. Well, nine of them did. The tenth turned and fell on his knees in front of Jesus and **thanked** him for what he had done.

"I healed ten people with leprosy today", said Jesus to the man. "Where are the others?". But then he smiled "Well at least you came back to say **thank you!**"

Bible story based on Luke 17:11-19



## QUIZ

### Jumbled Words

Unjumble the words (that are known as anagrams), to discover words from the story.

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per day \_\_\_\_\_

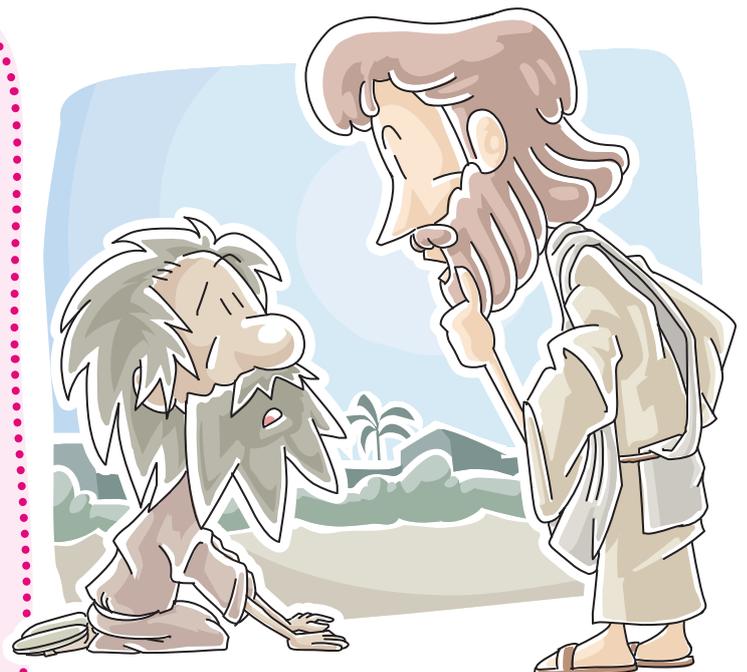
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## FASCINATING FACTS

Have you ever thought about how many people we have to **thank** for some of the everyday things that we take for granted? For example the milk we drink.

**Thank** you Mum & Dad for buying the milk ,

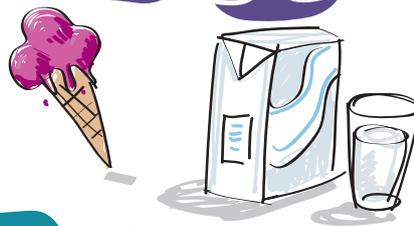
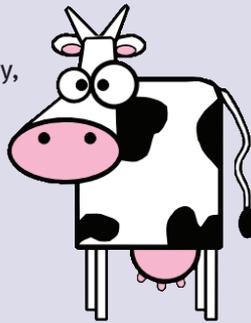
**Thank** you supermarket workers for stacking the shelves and operating the cash tills,

**Thank** you lorry driver for bringing cartons of milk to the supermarket,

**Thank** you workers in the packaging factory,

**Thank** you milk tanker driver for collecting the milk from the farms and bringing it to the factory,

**Thank** you farmers for milking the cows.



## ★ HALL OF FAME

### Laura Trott Track Cyclist

At the age of just 20 Laura won two gold medals in Track Cycling at the London 2012 Olympics. Then four years later in Rio, she won another two, making her the first British woman in any sport to win four Olympic gold medals.

It wasn't easy – as a child she suffered from asthma but enjoyed and competed in trampolining until she had to give up due to breathing problems. Then as a young teenager she took up cycling and at 17 won a junior title racing in the British championships.

Her inspiration to train and succeed as a cyclist came from a meeting with Sir Bradley Wiggins for which she will always be **thankful**. She chatted to him and wore his gold medal for a few moments. It felt amazing!

After her success in the Rio 2016 Olympics, Laura talked about her training programme – it is not just her hard work that brings success. She really is **thankful** for the whole team - managers, coaches, doctors, mechanics, therapists and so many more people - who encourage, motivate and support her.



## FAMILY FOCUS

### Time to say "Thank you"

Draw a clock face for your family to fill in together.

Choose one day and ask every one to think, as the hours tick by, about one thing in each hour that they would like to say **thank** you for.

Draw a picture of what you are **thankful** for in each segment.

