

Gratitude Advent: ideas for sparking gratitude in our kids (and ourselves)

We have so much to be thankful for. So this advent, we wanted to think about ways we can spark gratitude in our kids - not telling them to say 'thank you' but widening their vision so that gratitude becomes part of who they are.

Here are 24 ideas to use this advent. Use them however suits your family - do them in order, cut them up and stick them in lunchboxes, pick one to do over breakfast - whatever works for you. And for more info on each idea, just scan the QR code.

15.

Ask grandparents, godparents or friends what they are grateful to God for.

7.

While you are eating think about the food you are enjoying. Who are all the people who made that possible?

23.

Start a family gratitude jar. When it's full have a special meal and read what's been said.

19.

Talk about your favourite hobbies or clubs?. Who makes it possible for you to do them?

13.

Who are you specially grateful for this Christmas, and why?

5.

Chat to God about people who've helped you meet and know God.

14.

Look at old photos, and enjoy remembering people and occasions

20.

How many pairs of footwear do you have? Try going for a walk in the wrong sort.

16.

Try going one hour without electricity. Tell God what you missed.

1.

Ask everyone to share one thing they have been particularly grateful for this year.

4.

Go outside or watch a nature programme. Chat to God about the bits of his creation that make you go 'wow'.





21.

Go over the highs and lows of your day with God. Ask him to show you what he was doing.



22.

Take away one of your senses for one meal. Tell God what you missed and why.



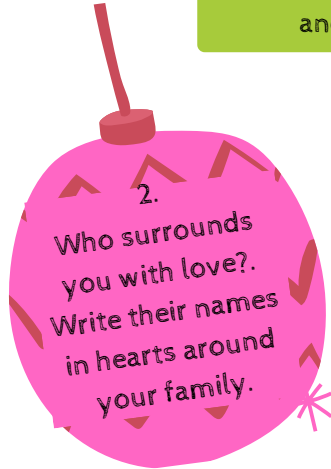
11.

Imagine you can only keep three things from your house. Put a sticker on the things you choose and share why.



9.

Share a time you had to trust God. What did you do? What did God do?



2.

Who surrounds you with love? Write their names in hearts around your family.



3.

Ask someone 'What's the best thing someone's done for you?'



6.

Share stories of the things God's done for you, big and little, this year.



18.

Talk about God's names. Which is your favourite? Why?



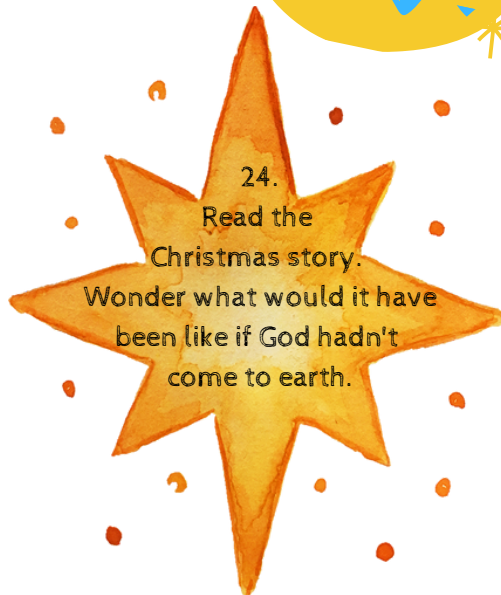
17.

Ask God to remind you what he's given you. Write down or draw what you catch from him.



12.

Ask God what makes him happy and see what you catch back.



24.

Read the Christmas story. Wonder what would it have been like if God hadn't come to earth.



8.

Get creative! Build, draw, bake, animate whatever you are grateful for and share it with God and each other.



10.

Run through your day and share who made it a bit easier for you.