



# CANADIAN CUDDLES



## A Quiet Little Thank You Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ The A Quiet Little Thank You Worksheet
- ▶ Pens / Pencils

#### L.O:

- ▶ To understand the importance of being thankful.
- ▶ To keep a record of things I am thankful for.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Have the group share something recent that they are most thankful for.

made them smile.

Tell them that they are going to draw or write these things down on the A Quiet Little Thank You worksheet to look back on when they are having a bad day.

#### MAIN TEACHING (10mins)

Ask the children to suggest why it is important to recognise the things we should be thankful for. Highlight if anyone suggests that it helps us realise that we have lots of good things in our lives.

Remind them that they can keep on doing this to keep a journal of things to be thankful for.

#### PLENARY (2mins)

This can be really helpful when we are having a bad day or when we feel like things aren't going our way. Ask for volunteers to share how they feel when this happens.

**GROUP DISCUSSION** – Ask for volunteers to share what they are thankful for and why they make them feel happier.

Tell the children that it can really get us down when we have a bad day, and can knock our confidence, make us feel low or make us feel as though we have no energy. But remembering all the good things we have going on, can lift our mood and help us get through the bad times.

#### MAIN TASK - (15mins)

Tell the children that they are going to think about three things they are most thankful for that have happened to them recently. These can be anything from a life changing event, to something smaller such as if someone held the door open for them or

#### DID YOU KNOW!

Canada eats more doughnuts than any other country and has more doughnut shops per capita. Each year 30 million people eat over 1 billion donuts.



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CHILDREN'S SHEET

Think about three things you are most thankful for that have happened recently. These can be anything from a life changing event, to something smaller such as if someone held the door open or made you smile.

Now write or draw these things down on the A Quiet Little Thank You Worksheet to look back on when you are having a bad day. You can keep on doing this to keep a journal of things to be thankful for.

### I AM THANKFUL FOR...

1

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2

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3

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