

Gratitude Unit

Unit Overview

Unit Focus:

The intention of this unit is to understand that when we acknowledge the blessings in our life, however small, we notice them more and more and we see how rich our life really is.

Unit Outcomes: By the end of the Unit learners will be able to:

- Identify the good that surrounds us.
- Know that the more we acknowledge the blessings we see, the more we experience.
- Understand that even the smallest thing is a blessing if it is given freely from the heart.

Unit Weekly Themes:

- Appreciating Self
- Appreciating Others
- Appreciating Community
- Appreciating Nature

Affirmations

- I see only good everywhere I look.
- I am grateful!
- I appreciate the world around me and how it supports me every day of my life.
- I speak only words of gratitude and praise as I create a world of abundance and equity.

Bible Quotes

- So then let us pursue what makes for peace and for mutual upbuilding. Romans 14:19
- Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Colossians 3:13
- Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7

Unity/Fillmore Quotes

- **Talks on Truth p9.**
God is Spirit, infinite Mind, the immanent force, and intelligence everywhere manifest in Nature.
- **Revealing Word p89**
Gratitude is a great mind magnet, and when it is expressed from the spiritual standpoint it is powerfully augmented.

- **Dynamics for Living p156**
Words that express thanks, gratitude, and praise release energy of mind and soul. Their use is usually followed by effects so pronounced that they are quickly identified with the words that provoke them. Let your words of praise and thanksgiving be of Spirit.
- **Prosperity p105**
Be thankful for every blessing that you gain and as deeply grateful for every demonstration as for an unexpected treasure dropped into your lap. This will keep your heart fresh; for true thanksgiving may be likened to rain falling upon ready soil, refreshing it and increasing its productiveness.

Children's Lessons

#1 – Appreciating Self

Opening Experience

Welcome to the first week of our month of gratitude! This week we will begin by exploring what we appreciate about ourselves. Click on the gold stars that are placed around the room to find LIFE POWER and an activity sheet where you will reflect on what an affirmation brings up for you. Then give yourself a high five by listing five special things you love about yourself. Don't forget to grab a journal for the journey, where you will share notes from activities so you can look back at who you are and how you feel right now. So grateful you're here!

Activity Choices

(3 Handouts attached below)

- **Life Power and You Handout**
- **5 Things I Like About Me Handout**
- **A Journal for the Journey Handout**



LIFE POWER ~ AND YOU

AFFIRMATION: I am God's Child, fully and eternally filled with light and life. I rejoice in life and my joy finds expression in all life's activities.

1. After reading the affirmation, please describe what it means to you.
2. What does light and life mean?
3. Name 5 things that bring light and life to you:
4. How can you work with the power of life to show that you appreciate yourself and your life?
5. What is one thing you can do today that shows gratitude for your life?



FIVE THINGS I LIKE ABOUT ME

FIVE THINGS I LIKE ABOUT WHO I AM:

- 1.
- 2.
- 3.
- 4.
- 5.

FIVE THINGS I LIKE ABOUT MY MIND

- 1.
- 2.
- 3.
- 4.
- 5.

FIVE THINGS I LIKE ABOUT MY TALENTS

- 1.
- 2.
- 3.
- 4.
- 5.



A JOURNAL FOR THE JOURNEY

Whether you buy or make one

Whether it's a spiral notebook or a fancy decorated one

Get yourself a journal to use for your virtual lessons.

You will have the opportunity to use it for specific journal activities, and you may want to put pictures or thoughts in there other times as well.

Meditation Zone

Now, it's time to relax with some meditative activities. Watch the meditation and then complete a fun activity to find the glow you carry, reflected in objects around you. Then, you will be asked to find a light source that you can use as a reminder of the Christ Light within you. Deep breath and enjoy.

Activity Choices

- **I am the Sun Meditation**

<https://www.youtube.com/watch?v=diRO5faOz8M>



I AM THE SUN MEDITATION ACTIVITY

Follow this link to meditate

<https://www.youtube.com/watch?v=diRO5faOz8M>

After meditating, stretch and move around the room you are in, looking for things that show how you shine your own light into the world.

As you pick up each object, think for one minute about how it shows your unique glow.

Then set an intention for the day to do one thing that shows your glow.

- **Show Your Glow Handout**
<https://www.youtube.com/watch?v=diRO5faOz8M>



SHOW YOUR GLOW MEDITATION & REFLECTION

First, click on the link here for a fun 5-minute meditation that asks you how you are like the sun ...

<https://www.youtube.com/watch?v=diRO5faOz8M>

After the meditation, stretch and move around the room you are in, looking for things that show how you shine your own light into the world.

As you pick up each object, think for one minute about how it shows your unique glow.

Then set an intention for the day to do one thing that shows your glow.

- **Light the Night Handout**



LIGHT THE NIGHT

With a guiding grownup, find a source of light that you can keep in your room or favorite space.

It might be a candle (battery-operated or otherwise), a string of lights, or a favorite nightlight.

Set up the light and take a moment as you do to remember that you carry the light of God inside you always.

We call that our Christ Light.

That's what this light source will be there to remind you of.

You might turn it on only during certain times or leave it on always.

- **Sacred Table Activity:**
 - Find a candle to place on your sacred table to remind you of the Christ Light within you.

Media Room

Welcome to the media room! Watch the video to hear a great story about being yourself, and spend some time exploring what it brings up for you. Then, you can dance around to a great song about being all we can be with an attitude of gratitude. Enjoy!

Today we will watch the video: **Remarkably You** by Pat Zietlow Miller

- <https://youtu.be/zQqFhOKUqCo>

Reflection Questions

- Describe yourself: Are you loud and bold? Timid, and shy? Or something in between? What is it about you that makes you feel that way?
- How old are you, and when is your birthday? Do you think you are small, or practically grown? Why?
- What is it about you that makes you a surprise?
- What are some dreams you wish to come true?
- What gifts do you bring to the world, and what can you do to share them?

Thankful by The Juicebox

- <https://www.youtube.com/watch?v=YeSdQmO51Ps>

Creation Station Activities

Now let's get creative! You will find instructions to make your own gratitude board. Then, go on a scavenger hunt, hunting all around your area! Thank you for being you and showing the world your creativity!

1. Gratitude Board Handout



GRATITUDE BOARD

First, use these questions to explore what things make you feel great about yourself:

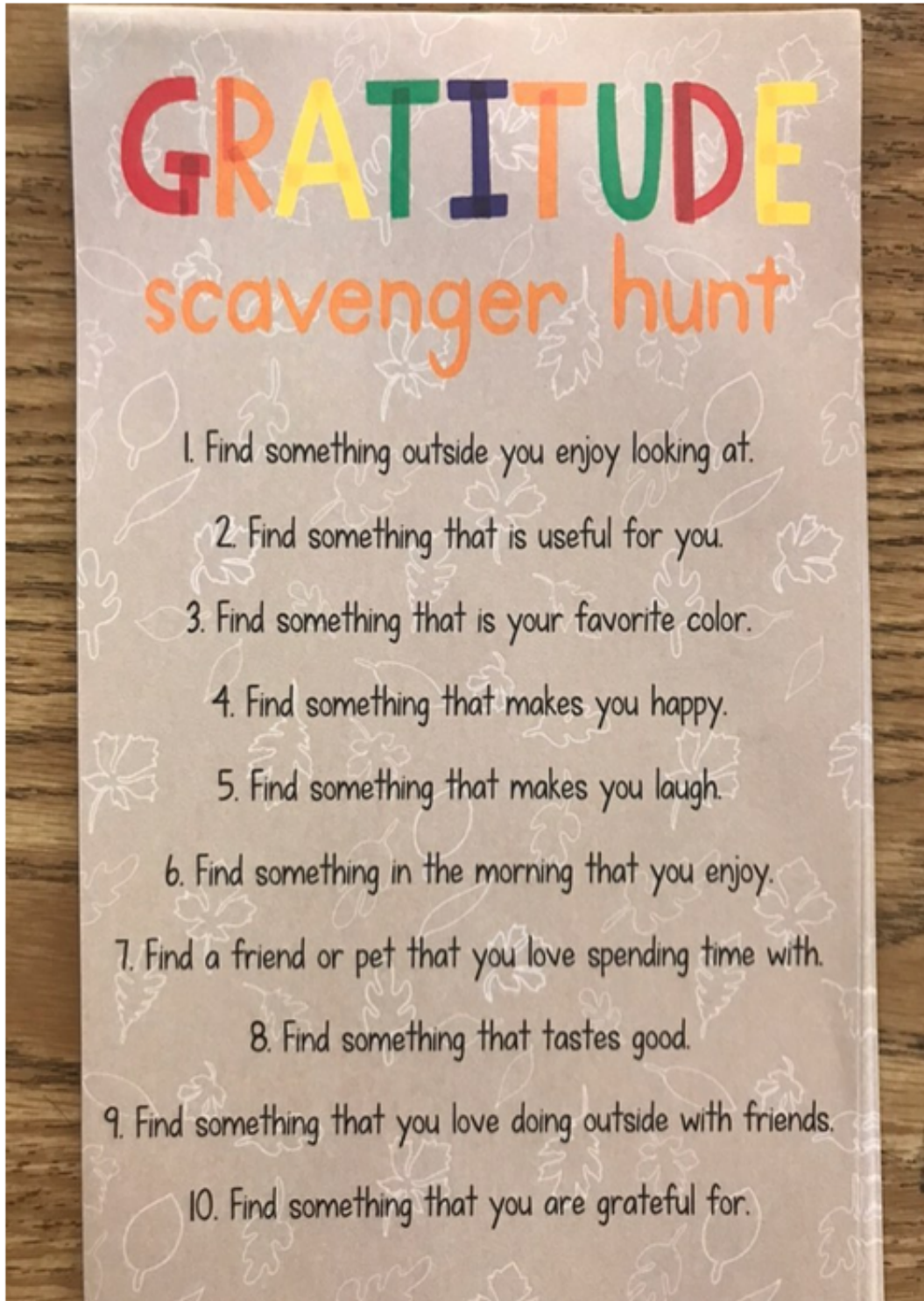
- * What kind of things are you doing when you feel most glad and relaxed?
- * What about these things makes you happy?
- * What are you most grateful for every day?
- * What do you love?

Then with those answers, find pictures that illustrate those feelings to you and create a gratitude board.

Supplies:

- Posterboard
- Magazine clippings
- Colored pencils/markers
- Photos
- Scissors
- Glue or Madge Podge

- Scavenger Hunt Handout



#2 – Appreciating Others

Opening Experience

We are so grateful you have joined us for week 2 of our gratitude exploration. Come on in! As you click on the stars this week, you will have some fun making your own thank-you notes, exploring the divinity in everyone around you, and then thinking outside the box, to show gratitude in action for someone you love. How cool is that? Now go on, jump right in!

Activity Choices

- **Thank You Notes**

<https://www.connectionsacademy.com/support/resources/article/how-to-teach-kids-write-thank-you-notes>



THANK YOU NOTES

Follow this link to a website with an article about sending thank-you notes to teachers, along with a printable template for a card.

<https://www.connectionsacademy.com/support/resources/article/how-to-teach-kids-write-thank-you-notes>

After making a thank you note for a teacher, create some more from these suggestions:

- | | |
|--------------------------------|-----------------------|
| * Parents | * Grandparents |
| * Siblings | * Cousins |
| * Guidance Counselors | * Friends |
| * Afterschool or daycare staff | * Pets (just for fun) |
| * Ministers | * Youth Group Leaders |
| * Sunday School Teachers | * Librarians |
| * Cashiers | * Waitresses |

- Life Power Handout



SHARING LIFE POWER WITH OTHERS

AFFIRMATION:

**Everyone is Divine, fully and eternally filled with light and life.
I am grateful for ways I can show gratitude for everyone in my life!**

1. After reading the affirmation, please describe what it means to you.
2. How can we share our gratitude for life with others?
3. List five ways you share your gratitude for everyone's light in the world:
4. How can you work with the power of life to show that you appreciate your friends and family?
5. What is one thing you can do today that shows how grateful you are for someone in your life?

- **Think Outside the Box Handout**



THINK OUTSIDE THE BOX FOR GRATITUDE

1. Think of someone you know and love.
2. List things you love about them.
3. Think about things they love: what is their favorite color, activity, song, show, or hobby?
4. Think of something you could do to give them a gift they would love. It shouldn't be something you have to buy ... it should be something that you can make for them. Maybe you could give them some time together doing something they love, or you could draw them a picture or make them something they love to eat.
5. Write down your own ideas, and then make one of them happen.
6. Have fun being gratitude in action!
7. Then do it all again for someone else!

Meditation Zone

Welcome to the media room, time for a time out! Sit back, relax, and after you enjoy the meditation, grab your journal, and write about the feelings you experienced. Then, with the permission of a grownup, check out some great, free apps that you can download to help make meditation part of your daily routine.

- **Gratitude Meditation**
 - <https://www.youtube.com/watch?v=Bs2P0yrljT4>
- **Meditation Reflection**
 - What family member did you picture in your mind? What did you think of that you were grateful for about them?
 - What friend did you think of? What are you thankful for about them?
 - What teacher did you think of? What came up for you that you are grateful for about them?
 - What 3 things did you think of that you are grateful for?
 - Can you think of more?
 - Draw some of them!
- **CHECK OUT THOSE APPS!**
 - Follow the link to research some great kids' meditation apps, and then maybe sign up for one or more and meditate!
 - <https://www.understood.org/en/articles/8-meditation-apps-for-kids>
- **Sacred Table Activity:** Add an item to your sacred space that you are grateful for or is a reminder to be mindful of gratitude.

Media Room

Welcome to the media room! Find a fun thank you song to dance to, relax a bit with a story, and then grab your journal to reflect.

- **The Thank You Letter story**
 - <https://youtu.be/O6QnpAwSuPk>
- **Reflection Questions**
 - How did you like how he read the story?
 - What was it about?
 - What kinds of things did Grace want for her birthday? What kinds of things would you put on your birthday list?
 - Who did Grace write thank you letters to, and what kinds of things did she write?
 - Who would you write thank you notes to for things you are grateful for?
 - How many do you think you could write?
 - Who wrote all the love notes to Grace, and how do you think she felt about them?
 - What did she do after she received them?
 - What do you think you could do right now after reading Grace's story?

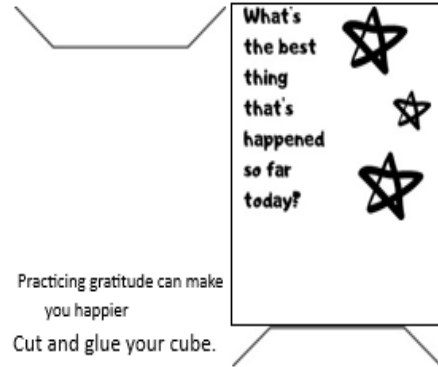
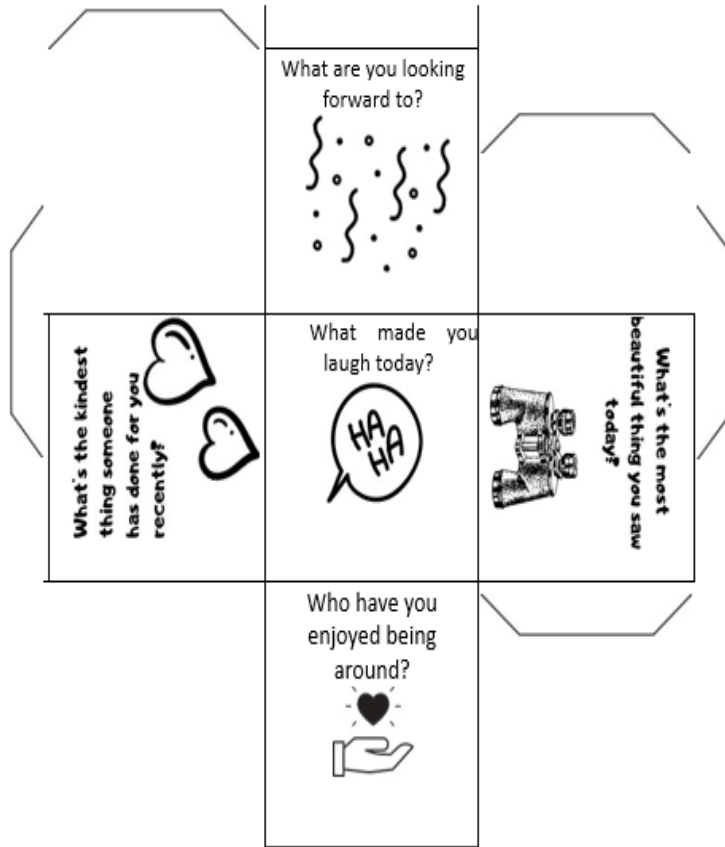
- Gratitude Song with the Storybots
 - <https://www.youtube.com/watch?v=6F2VDKkw1qU>

Creation Station Activities

Welcome to the creativity station! This week we will have fun creating gratitude dice, watching a heroic video by Kid President, and then exploring what comes up for us after we listen to and watch a thank you song. Get inspired and have fun!

- **Gratitude Dice Handout (See handout below)**
- **“A Little Thank You” Song**
 - https://youtu.be/bxZ6joLWCM?si=T_idFs5af1-NDgll
- **Kid President 25 Reasons to be Thankful.**
 - <https://youtu.be/yA5Qpt1JRE4>

MAKE A GRATITUDE DICE



#3 – Appreciating Community

Opening Experience

Week 3 already? Thank you so much for coming! As you move around the room this week clicking on the stars, you will find a worksheet to complete about community service, a fun bingo game, and then some Unity basics you can reflect on. We hope this will inspire you to reach out and show your gratitude to those in your community who help!

Activity Choices

- **Community Service Handout**

<https://www.education.com/worksheet/article/what-is-community-service/?epik=dj0yJnU9LVZDX1hycUtMeHlCa1U5REJRT3M1QTNGMHJCYlRjbmImcD0wJm49czJqM3QxdG1CRF9fcmRaNk1lbUJ6QSZ0PUFBQUFBR0>



WHAT IS COMMUNITY SERVICE

Click on this link to take you to a printable worksheet about community service, and then follow the instructions below:

<https://www.education.com/worksheet/article/what-is-community-service/?epik=dj0yJnU9LVZDX1hycUtMeHlCa1U5REJRT3M1QTNGMHJCYlRjbmImcD0wJm49czJqM3QxdG1CRF9fcmRaNk1lbUJ6QSZ0PUFBQUFBR0>

* Print and complete the worksheet

Then ponder these, before you go find a new place to volunteer!

* Have you ever visited a place where people were volunteering?

* Describe what you noticed while you were there...

- Unity Basics Handout



Unity Basics ~ Principle 1

God is all good and active in everything, everywhere.

Materials

Pictures from books, magazines, online, those you make
Scissors
Glue
Poster Board or other paper board

Instructions

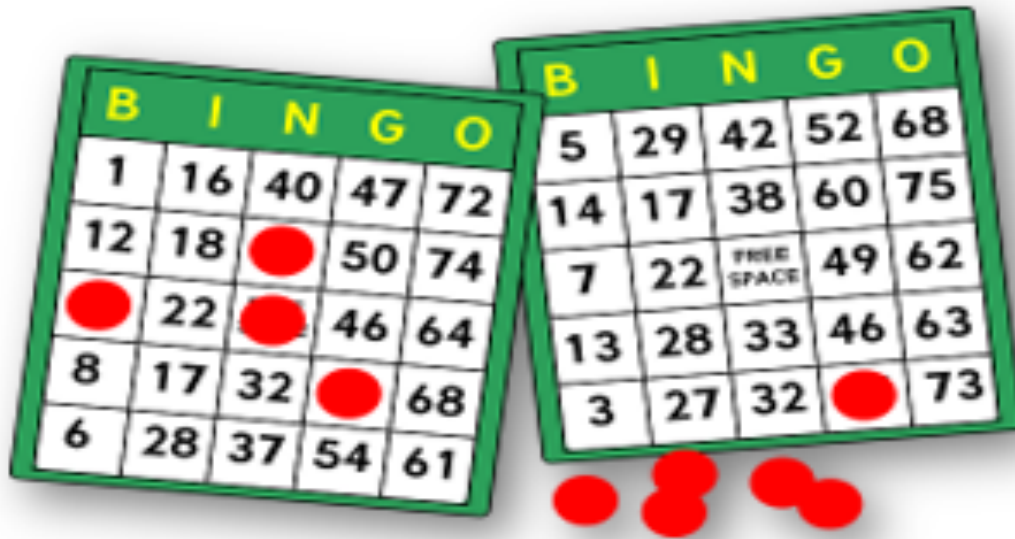
Make a collage which features people and places from the community. Find pictures in books, magazines, online, those you have from home or that you make from paper. Use scissors to cut these out and place them on a posterboard or other paper board with glue.

Consider the first Basic Unity Principle, "God is all good and active in everything, everywhere."

Think of God and your community.

- What does God mean to you?
- In what ways is God good and active in the community?
- What people, places, things, remind you of God that are in your community?

- **Community Helper Bingo Handout**
<https://funlearningforkids.com/community-helpers-bingo-alphabet-activity/>



COMMUNITY HELPERS BINGO

Follow this link to the site, which will take you through the description of the game, and provide you with further links to click to download the bingo cards and supplies you will need to play.

<https://funlearningforkids.com/community-helpers-bingo-alphabet-activity/>

Print the bingo cards and follow the instructions that are given.

Think about how each community helper on the card makes a difference in their community.

As you play, ask yourself questions such as:

What does each person do?

How are they helpful to this community and others?

Meditation Zone

Now it's time to meditate. You will find different meditative experiences from a dancing meditation in gratitude to creating a delicious gratitude experience with fresh foods. It will be delicious!

- **Thank You Farmers – Blippi’s Playhouse**
 - <https://youtu.be/jqqIS9IA4nU>

- **Thank You Farmers Meditation**
 - Find yourself a safe place to listen, move, and meditate.
 - Take a few deep breaths, and feel your heart opening in gratitude
 - Stretch your body to be ready to move as the music moves through you
 - Click on the link: <https://www.youtube.com/watch?v=jqqIS9IA4nU>
 - Only close your eyes if you are in a safe space, and move your body with the words and music
 - Feel yourself relax and enjoy
 - Write or draw a picture about your experience in your journal

- **Fresh Food for Gratitude**
 - With a grownup, find some fresh food ~ maybe fruit, maybe vegetables, whatever you love most and is available in your area.
 - Make a dish to share using your fresh ingredients.
 - Say a prayer of gratitude for all the hands involved in bringing this food to you so you can prepare
 - Share your food with friends or family, sending blessings to everyone that it took to bring it to you.
 - BONUS ITEM:
 - If you have the room and supplies, plant some seeds so you can grow your own food!

- **Sacred Table Activity**
 - Take some time to reflect and add a memento to your sacred space that represents community helpers that you're especially grateful for.

Media Room

Hello from the media room! You will find a song where everyone shares their attitude of gratitude, listen to a story about what a community is, and then dive into what things you can do to show gratitude for your community.

- Look Where We Live
 - <https://youtu.be/B2IM2y5DODc>

- Reflection Questions
 - What do the five friends and their pets do in this story?
 - What is the street fair for?
 - What is a community?
 - What things do you do in your community?
 - Have you ever had a yard sale?
 - Have you ever donated anything to a good cause?
 - Have you ever had a car wash? Do you think you could?

- Could you organize a community cleanup?
 - Have you ever seen a mural on a building?
 - How could you work together with people to help your community?
 - Do you have an older relative that lives near you? If so, what can you learn from them?
 - What would you grow in a community garden?
 - What jobs can you name that make your community safe?
 - What communities are you a part of?
 - What are some ways you can help others around you?
- Gratitude Attitude Song
 - <https://youtu.be/Ir7SIxwtoyM>

Creation Station Activities

So glad you're here! You will find some information about community service projects, fun math games to choose from, and a number of gratitude games. Ready, set, GO!

- **Community Service Project Handout**
 - <https://blog.reallygoodstuff.com/12-community-service-projects-for-kids/>



COMMUNITY SERVICE PROJECT

1. Visit the link to learn more about community service projects, and to see what ones you might like to take part in. <https://blog.reallygoodstuff.com/12-community-service-projects-for-kids/>
2. Choose a project to volunteer for and go volunteer!
3. Journal about your experience.
4. Check back in after a few months to see what effect your service had.
5. Journal again as you reflect back on your experience; how did your project affect the community?

- **Math Games Handout**

- <https://www.pinterest.com/pin/10485011619500200/>



COMMUNITY SERVICE MATH GAMES

<https://www.pinterest.com/pin/10485011619500200/>

Click on the link to take you to some fun math games that focus on community service workers. Choose one or more to enjoy and have fun creating them! After you are done playing, here are some questions to reflect on with your journal or a guiding grownup.

Do you know any community workers that are family or friends? If so, what do they do?

How can you show them that you appreciate what they do?

- **3 Easy Gratitude Activities for Kids**

- https://youtu.be/YHxMo6cRmfs?si=WP_yENEaGmhW277L

#4 – Appreciating Nature

Opening Experience

This week, you will find yourself appreciating all the wonders of nature. You will find a nature appreciation walk, directions on how to make a pinecone bird feeder, and an exploration of Unity’s first principle with a focus on the natural world. You’re sure to walk away from this week really in touch with all there is to be grateful for on our planet, and with Mother Earth!

Activity Choices

- **Nature Appreciation Walk**
 - <https://www.education.com/worksheet/article/nature-appreciation-walk-showing-our-gratitude-towards-nature/>
- **Pinecone Bird Feeder Handout**



PINECONE BIRD FEEDER

Create one and hang it somewhere in your yard or area so that birds will be able to easily get to it for a treat.

If you can, observe what happens to the feeder over the following days, and log the results in your journal

Also, write or draw answers to these questions:

- Which animals/birds visit my backyard or my area?
- Where do they live?
- What do they do?
- How do they work together and help people?

- Nature Activity Sheet



Unity Principle 1 ~ Appreciating Nature

God is all good and active in everything, everywhere.

Materials

Leaves, branches, rocks, and any other objects from nature
Paper
Ruler
Pencil or marker

Divide a paper into two columns. Leave one column blank and write the name of the object you found from nature in the second. Count the number of objects you found and write this on a line in the second column.

Consider the first Basic Unity Principle, “God is all good and active in everything, everywhere.”

Think of God in nature.

- What does God mean to you?
- In what ways does God show that he is good and active in nature?
- How is God expressed in nature through the objects you found?

Meditation Zone

In the meditation room, you will climb mountains! First, the mountain of meditation, then grab your journal to answer some questions about your experience, and then create your meditation mountain. You can go back to any time you feel like you need a moment of peace.

- **5 Minute Mindful Meditation**
 - <https://youtu.be/87AJFb2BqRc>

- **Meditation Reflection**

- The meditative voice suggested a way for you to sit while you meditated. What is your favorite way to sit or lay down for meditation?
- What did you notice about your breathing?
- What does the energy in your body feel like?
- What did the view look like from your mystical mountain?
- What does it feel like to look down on the clouds?
- What does it feel like to feel your thoughts as though they are floating by like clouds?

- **Make Your Mountain Handout**



MAKE YOUR MOUNTAIN

After you meditate and then reflect, create your mountain so you can have something to remind you to revisit your mountain any time you like.

You can use playdough, clay, papier mache, or whatever you would like best to use.

Then display your mountain where you can see it, so you can always remember the view!

- **Sacred Table Activity:**

- Reflect on the voice and thoughts in your head while you meditated. Place an item in your sacred space that is a reminder of some of those peaceful thoughts that you experienced.

Media Room

In our media room this week, you will find a great story about what someone can find when they take a walk in nature. Then as you reflect on the story you will journal what you would find on your own walk. After that, you can enjoy the Attitude of Gratitude song.

- **I Took a Walk**
 - https://youtu.be/8au_mPa0TKc
- **Reflection Questions**
 - What would you find if you went for a walk around where you live on a spring morning?
 - What kind of birds, creatures, and bugs live around your neighborhood?
 - What kind of water would you find in the nature around your house? (Streams, ponds, rivers, oceans?)
 - What things do you see in your quiet place to sit?
- **The Attitude of Gratitude Song**
 - <https://www.youtube.com/watch?v=DCjriefncNE>

Creation Station

Ah, creative time! You will find a do-it-yourself nature memory, match game, a nature weaving craft, and also a great video with some exciting ideas that you can put into practice to take care of the amazing planet we call home. Take a deep breath, put on your walking shoes, and have a great time!

- **Nature memory Game Handout**
 - <https://rhythmsofplay.com/diy-nature-memory-game/>



NATURE MEMORY MATCH GAME

<https://rhythmsofplay.com/diy-nature-memory-game/>

Click on the link to find instructions for a fun and creative way to play the memory game with objects you find in nature. You will need to gather two of each item you are planning to use, and then place them in boxes. Mix up the items, and then match!

After you play, continue the fun pondering these questions about the objects you gathered:

- Where did they come from?
- What is their purpose?
- How do they help people?
- How do they help the environment?

- **Nature Weaving Handout**
 - <https://www.kidssoup.com/craft-and-resource/im-thankful-for-nature-weaving-craft>



I'M THANKFUL FOR NATURE WEAVING CRAFT

1. Follow this link to find instructions for a wonderful, natural weaving craft idea.

<https://www.kidssoup.com/craft-and-resource/im-thankful-for-nature-weaving-craft>

2. Have fun weaving!

- **How to Care for the Environment Song**
 - https://youtu.be/belXC_IoW4o

Tweens & Teens Lessons

#1 – Grateful for Me

Opening Experience

Welcome to gratitude! During these weeks we will explore gratitude from all angles and have a blast doing activities that are designed to increase thankfulness in our lives. This week we learn to be grateful for ourselves. You will find a worksheet about people you admire that has a secret twist at the end, and then a chance for a high five in gratitude. Then there is a reminder to make sure you have a journal for the journey with a great opportunity for some self-care.

Activity Choices

- **People I Admire Most Worksheet**



THE PEOPLE I ADMIRE MOST

* Who are the three people you admire most?

(It can be people you know, famous people, people who are alive or people who have passed on)

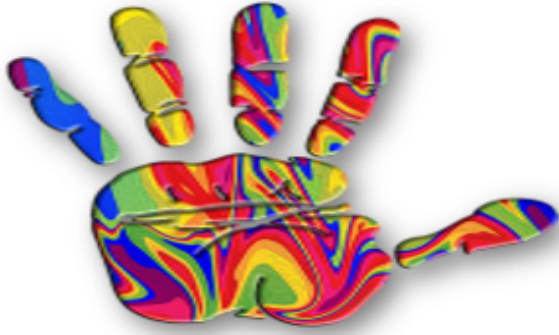
1.

2.

3.

* What qualities do you admire most about them?

- **My High Fives**



MY HIGH FIVES

5 things I love about my life

5 favorite ways I am unique

5 favorite things I can do

5 favorite places I love to go

5 favorite hobbies

5 things I love about my style

5 times I shined out my light

5 things I would love to be

5 things I love about me

- **Journaling the Journey**



JOURNALING THE JOURNEY

Make sure you have a journal to join you through this series. If you don't have one yet, you can use a notebook, separate sheets of paper, or make one just for the purpose of recording your thoughts and memories.

Want to go paperless? You can also use a variety of apps or programs on cell phones, tablets, or computers. Your choice!

First up, is for you to go do something you love. Something that makes you really happy and allows you to feel connected to who and what you are (A divine part of God, in case you need reminding 😊).

After you are done, journal about your experience. How does doing things you love keep you connected to your God-ness? How does it make you feel? How can you include more of these moments in your days?

Meditation Zone

Take a deep breath, relax, and move into some great meditative possibilities. Do a 5-minute body scan meditation that will remind you that you are more than the thoughts that run through your head. Lastly, you will find a song to enjoy that will help you be you!

- Find a quiet, comfortable place for a 5-minute meditation.
- Get into a comfortable position, and then click the link to begin.
- After the meditation, grab your journal and write or draw about what you noticed and experienced about your body in this meditative time.

- 5 Minute Body Scan
 - <https://www.youtube.com/watch?v=z8zX-QbXIT4>

- You Are Not Your Thoughts
 - <https://www.youtube.com/watch?v=0QXmmP4psbA>

- **Sacred Space**
 - As we create our virtual sacred space, create one at home! Add a rainbow, bubbles, or an item of your choice to remind you to breathe.

- Jordan Smith – “Stand in the Light”
 - <https://www.youtube.com/watch?v=fgXRzjlbbng>

Media Room

Welcome to the media room! Today, you get to decide whether you are a glass-half-empty or half full kind of person. Or maybe you will realize the glass is always full of something; sometimes liquid, sometimes air, or maybe even Spirit! Take a song break with a hit by Lauren Daigle that recognizes that God is speaking from within about who and what you are. Enjoy!

- **Is Your Glass Half Empty of Half Full?**
 - <https://www.youtube.com/watch?v=V9xhpLpZZSg>

- **Reflection**
 - How do your strengths serve you when troubles come up?
 - How can you build on these strengths?
 - What are you grateful for about you?
 - What difference do you think it makes for the people in the video, or for you, if you focus on strengthening your strengths instead of focusing on your weaknesses?
 - How would your life be different if you spent time celebrating life’s great points (instead of focusing on the yucky parts)?

- **“You Say” by Lauren Daigle**
 - <https://www.youtube.com/watch?v=oZvKJ11kK8g>

Creation Station

Ready? Set? GLOW! Our creativity station that will lead you to a variety of glowing activities to remind you about your light. But that's not all! Take a moment to tune into your talents with a questionnaire that might help you find what makes you feel most alive and source-connected.

- **Tune Into Your Talents Handout**



TUNE INTO YOUR TALENTS!

Use these questions to help you zero in on your style and the talents you have been given that you can explore and expand on ...

* If you had one hour of totally free time and could do any activity you wanted, what would it be?

* If price wasn't a factor, what would you buy for yourself that would let you show your individual style? (It could be something you could wear, make, play, do, or experience)

* If you had \$500 to spend in a craft store to buy all the supplies you would need to make something creative in the media you like most (paint, paper, fabric, wood, whatever!), what would you get?

* You're in a room. In it, there is ...

- ~ A section with paints and canvases
- ~ One with musical instruments,
- ~ A recording studio area,
- ~ A space with wood scraps and woodworking tools of every kind,
- ~ A section with every kind of thread, yarn, and tool for knitting, crocheting, weaving,
- ~ An area with clay, stone, marble, and every carving tool you might want,
- ~ An area with flowers and plants and all you would need to create art from them
- ~ A recording studio with mixing equipment and microphones,
- ~ A video studio with all you would need to record your favorite videos

Where do you go first, and what do you create? Second? Third?

What can you do in your life now that would give you access to some of those things you can use in your own room, or help finding access?

Journal your thoughts and feelings ...

- Ready, Set, Glow!
 - <https://www.youtube.com/watch?v=H63OIAuohTc>

#2 - "Finding Inner Strength."

Opening Experience

Welcome to the second week of gratitude! This week we will explore community. You will find some great ideas and resources for community service projects, some places to go for information about Unity, and a love-provoking thank-you card project. How do we contribute to our community so that it becomes an extension of our heart? Dive in, find out, and then go for it!

Activity Choices

- My Unity Community



MY UNITY COMMUNITY

How do I find out more about my Unity community? Where did Unity begin, where can I go to support it, and what about my individual Unity center? Here are some links to the larger Unity community and its history ...

<https://www.unityworldwideministries.org/>

<https://www.unityworldwideministries.org/youth-and-family>

www.unity.org

<https://www.unity.org/daily-word/mag/daily-word-mayjune-2022>

To find out more about your Unity center, ask for information from someone you know there, or maybe even do your own Google search to see what others find when they want to find you!

- **Community Service Projects**
<https://www.youtube.com/watch?v=vqULvFKqJjk>

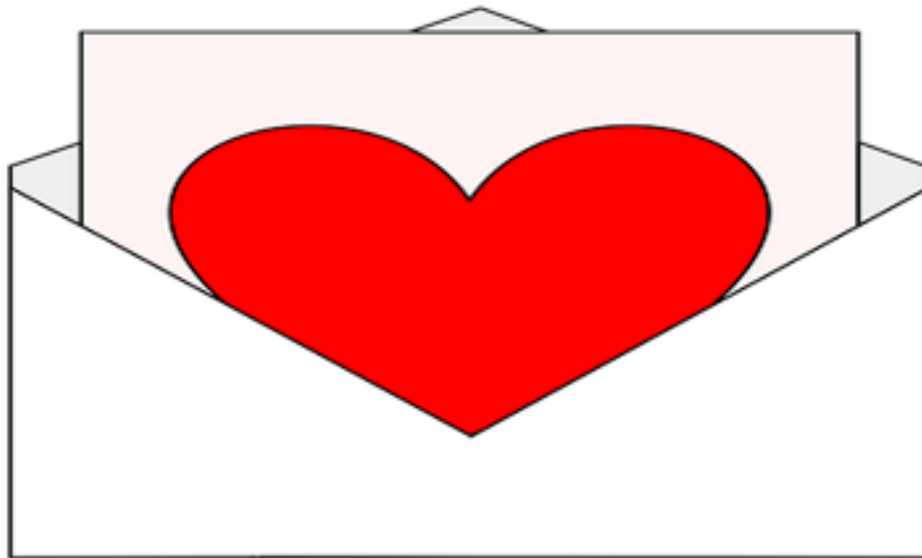


COMMUNITY SERVICE PROJECTS

1. Visit the link to learn more about community service projects, and to see what ones you might like to take part in: <https://www.youtube.com/watch?v=vqULvFKqJjk>
2. Choose a project to volunteer for and go volunteer!
3. Journal about your experience.
4. Check back in after a few months to see what effect your service had.
5. Journal again as you reflect on your experience; how did your project affect the community?

- **Thank You Cards**

<https://www.messylittlemonster.com/2020/12/printable-thank-you-card-pop-art-kids.html>



THANK YOU, CARD PROJECT

The idea is to make and give out thank you cards to everyone and anyone you would like to!

You can click on this link to take you to some you can print out and then color, make some of your own out of colored paper or fun supplies, or even simply write heartfelt thank you letters to those you are grateful for.

<https://www.messylittlemonster.com/2020/12/printable-thank-you-card-pop-art-kids.html>

How many can you do?

Continue the love and gratitude and do this one day every month!

Meditation Zone

Meditation time! Enjoy a togetherness meditation, and prayer practice, then create a chain of gratitude. Release, relax, and rejuvenate your gratitude practices.

- **Togetherness meditation**
 - <https://www.youtube.com/watch?v=Ocf3SbdguJE>
- **Reflection**
 - 1. Get some paper and clear tape or staples.
 - Cut the paper into thin strips.
 - Grab crayons, colored pencils, markers; whatever you want to use to decorate.
 - On each strip, put the name of someone or something you are grateful for (family members, friends, community workers, spaces, places, animals, songs, games ~ whatever you like)
 - Make the first piece of paper you have decorated into a circle, and fasten it closed.
 - Every other piece, after it is decorated, will slide through the piece before it. Then fasten that into a circle and create your chain of gratitude.
- **The Gratitude Experiment**
 - https://youtu.be/U5lZBjWDR_c?si=18JByAU6ypYNWoq8
 - Make a gratitude list for a week
 - Pick one item off it at the end of the week
 - Write a letter to the person who is responsible for that thing
 - Mail, email, text, read, or somehow send the letter to them.
- **“Thank You” Fearless Soul**
 - <https://www.youtube.com/watch?v=Ahhvab1qFCs>
- **Sacred Space**
 - Write a letter of gratitude to yourself. What’s an opportunity/gift/moment or who is a person you are thankful for?

Media Room

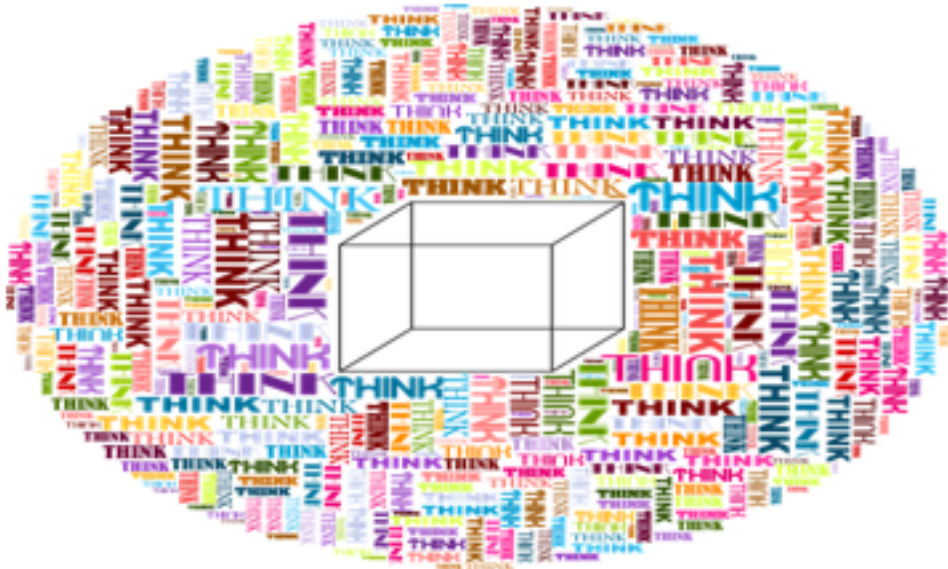
In the media room this week we have an old school song about how we all are a part of the world community. If you’re interested, search it up after you hear and find out why it was written, and why all those mega stars (that your parents will surely know, even if you might not) came together to record it. Then check out a video about a gratitude experiment you are invited to take part in yourself!

- **Gratitude Experiment**
 - <https://www.youtube.com/watch?v=oHv6vTKD6lg&t=367s>
- **Reflection**
 - Who is someone influential in your life?
 - Write them a letter of gratitude.
 - Call them and read the letter or send it to them in the mail, by email, or by text.
- **We Are the World**
 - <https://www.youtube.com/watch?v=s3wNuru4U0I>

Creation Station

Gratitude rocks! You'll find out as you click around, that you can take that literally and create some beautiful rock art to spread around. Then, be gratitude "in action" as you think outside the box about how to show appreciation for others. Have a blast!

- **Thinking Outside of the Box**



THINK OUTSIDE THE BOX FOR GRATITUDE

1. Think of someone you know and love.
2. List things you love about them.
3. Think about things they love: what is their favorite color, activity, song, show, or hobby?
4. Think of something you could do to give them a gift they would love. It shouldn't be something you have to buy ... it should be something that you can make for them. Maybe you could give them some time together doing something they love, or you could draw them a picture or make them something they love to eat.
5. Write down your own ideas, and then make one of them happen.
6. Have fun being gratitude in action!
7. Then do it all again for someone else!

- **Gratitude Rocks**

- https://resources.finalsite.net/images/v1586211497/santacatalina/hptxrlhynxqf3vzafnmk/LMS_SpringBreak_GratitudeRocks.pdf



GRATITUDE ROCKS!

Click on the link to take you to one example of the way you can make and use gratitude rocks, and then make your own.

https://resources.finalsite.net/images/v1586211497/santacatalina/hptxrlhynxqf3vzafnmk/LMS_SpringBreak_GratitudeRocks.pdf

For a fun addition, place them in front of stores, libraries, schools, restaurants and more for people to find so they can bask in the gratitude too!

#3 – Grateful for Possibility

Opening Experience

Hello from week 3! This week we ask, “How does my belief and expectation shift what shows up in my life?” In that answer a powerful force for creation allows us to change the very fabric of our life. So, take part in a time-honored tradition called vision boarding, get help with some great ways to set goals especially for teens ~ and maybe most important of all to help us through life, learn what an effective support system looks like and how you can set one in motion for yourself.

Activity Choices

- **Out Picturing Gratitude**
 - <https://www.youtube.com/watch?v=YcntJImMNNA>
- **My Support System**
 - Here you will find a great article about what a support system is, how to create your own, and how to keep it current.
 - <https://courtneyharriscoaching.com/real-talk-for-teens-naming-your-support-system/>
 - Here’s a great video! https://www.youtube.com/watch?v=GBKNkswW_3M
 - After you check out the article and video, decide how you will proceed to create your own support document, and what you will fill it with. Refer to it if you ever need self-care help and keep it current as you go forward. Support rocks!
- **Grateful for Goals**



GRATEFUL FOR GOALS!

Check out this video about teenage goalsetting first:
https://www.youtube.com/watch?v=QRR_g78N7T0

Then think a bit about what role gratitude would play in you reaching the goal you set ~ or even something better!

She mentions the S.M.A.R.T. goal system in her video. Here is a short video describing that system, and how you can use it. It’s a great guide!

<https://www.youtube.com/watch?v=i0QfCZjASX8>

After you go through one or ~~both~~ of the videos ~ set some! Use your journal or another format to record your goals so you can track them.

Don’t forget how important it is to be grateful every step of the way!

Meditation Zone

Ah, self-care! This week you will find meditation is downright poetic. Dive into self-care awareness that will hopefully lead you toward integrating some of those practices into your life. Then, sit for a moment in song with India Arie to remember that you are light too. It will make all this difference to how grateful you feel!

- **Gratitude Poem Meditation**
 - <https://www.youtube.com/watch?v=qGXt37PfyiI>

- **Reflection**
 - First, find a comfortable place to spend a few moments watching the video in a meditative mood. Relax.
 - Get comfortable, take a few deep breaths, and then hit play.
 - Breathe evenly and listen. Pay attention to how you feel and what comes up in your when she says the words.
 - After meditating on the video poem by Natalie Patterson, write your own! It doesn't have to rhyme; it just needs to be an expression of your heart.

- **India Arie "I am Light"**
<https://www.youtube.com/watch?v=OL-gxfx2QtY>

- **Sacred Space**
Place an item in your sacred space to remind yourself of the inner light you carry.

- **Self-Care Awareness (Handout Below)**



SELF-CARE AWARE

80 Self-care ideas for tweens and teens:

<https://www.kiddiematters.com/80-self-care-activities-teens/>

Here are 11, with some descriptions:

<https://www.mghclaycenter.org/parenting-concerns/11-self-care-tips-for-teens-and-young-adults/>

After checking out these self-care possibilities and taking some time to read why it is so important, create a 'SELF-CARE AWARE TRACKER'.

Every time you take time for self-care, log it! You could:

* Keep notes in your journal

* Get a jar or other container and put a marble, penny, puffball, rock, shell, seed ~ or some other item into the container to keep track. Another option is to write what you did on a small piece of paper and put that in, so you can read again what you did if you would like to.

Media Room

Prince Ea is a social media activist sensation that touches the hearts and minds of tweens, teens, and adults alike. His videos are challenging, transformative, and totally awesome. After you click onto his video about being yourself and move through the discussion questions, make sure to check out some of his other media to help you think and grow.

- **Be Yourself by Prince Ea**
 - <https://www.youtube.com/watch?v=UB7nGT3egak&t=130s>

- **Reflection Questions**
 - How do you feel about being popular?
 - What do you think about others who are popular or well-known?
 - In what ways do you think your life would be different if you cared, or didn't care, about what others think of you?
 - How do you feel about people being loved for being fake?
 - What can you do more to be your real self?
 - When do you feel your happiest?
 - What things can help you have the courage to be you?
 - What things that you do make you feel like shining?
 - What things can you do to focus on you being your best self?

- **A Million Dreams by Pink**
 - <https://www.youtube.com/watch?v=L7TN0hyONjw>

Creation Station

This week in the creativity station, let's roll some dice to explore possibilities and learn about using a dream jar. Then use Google Maps to help you chart your course to new horizons that will have you counting more and more blessings as you go. Joyful journeys!

- **Dream jar**
 - A dream jar is a fun and creative way to itemize your dreams. You can leave the jar to simply look back on later, or you could use it to plan things you want to do.
 - Check out this video to get you started so you can create your own and use it however you like!
 - <https://www.youtube.com/watch?v=cbMZOOXnBDc>

- **Rolling the Dice for Appreciation (See handout below)**



ROLLING THE DICE FOR APPRECIATION

For this activity, you need a numbered list and some dice. You can use regular 6-sided dice, or if you're a gamer, maybe you have some with up to 20 sides! Whichever you have, should be the amount of numbers on your list.

Make a numbered list (or several different ones) of things you would love to do. Maybe one list would be easy to reach goals, and another would have trips you would like to take, events you could attend, and things you would like to see ...

Grab a list, roll the dice, then do the item on the list that matches the number on the dice!

- Grateful for the Journey



GRATEFUL FOR THE JOURNEY!

With your grownups' permission, use Google Maps (or another navigation app) to chart a journey to a local place you'd like to explore. Want to go old school? Use an actual paper map!

You could chart a trip to a local restaurant, library, park, or museum.

Whatever it is you choose, feel gratitude as you make your plans, say prayers of gratitude as you carry them out, and appreciate the process every step of the way.

#4 – Grateful for My World

Opening Experience

Welcome to the final week of our gratitude exploration. What could be more important than ourselves, to be grateful for than the planet we call home? You will find links that will show you what is so special about our planet in comparison to others, then step into some out-of-school- quiz fun to find out what challenges our planet faces, and how you can help. Then just for fun, take a quiz to find out what element you are.

Activity Choices

- **What's So Special About Earth?**
 - <https://www.youtube.com/watch?v=lTTXzdqzMi4>
- **Earth Day Quiz**
 - How much do you know about what our earth is all about, and what we do to help or hurt it?
 - This site has lots of short quizzes to learn all about many parts of the earth care puzzle, followed by some activities you can do to help.
 - https://www.earthday.org/earth-day-quizzes/?gclid=Cj0KCQjwpv2TBhDoARIsALBnVnlyVAPNA56hOpiOUUThLf4PvTd74gw5mXt3cwIZF2qw25MqYn9UpyoaAu4BEALw_wcB
- **What's My Element Quiz**
 - On our planet, we have four elements: water, fire, earth, and air.
 - Which one are you?
 - Take this fun quiz to find out what your personality element is.
 - https://www.youtube.com/watch?v=Fisr4YY_2L8

Meditation Zone

Embrace yourself for these virtual beach and forest walk meditations. Then, stroll around outside to determine what you can do to help our environment thrive.

- **Beach Walk meditation**
 - <https://www.youtube.com/watch?v=-UZqt90v4-s>
- **Forrest Walk Meditation**
 - https://www.youtube.com/watch?v=doyZLqH_wgM
- **The Nature Where You Live (See handout below)**



THE NATURE OF THE NATURE WHERE YOU LIVE

After the video meditations, take a walk in your own environment. Wherever you live; a city, the country, the seashore ... look for environmental blessings there. As you identify each one, reflect on how it blesses the world, and take a moment to appreciate that it is there.

Gather a few items to bring back inside with you when you are done.

When you're back home, take a few moments to reflect and journal:

* How does the environment around your home help the earth, and what in it hurts it? How can the things that hurt be revised so they don't?

* What can you set in motion in your life to be more helpful to the environment?

* How can you find out more about how to become a force for good on earth?

- **Sacred Table**
 - Add an item or two from your nature walk to remind you to be grateful for your community and world.

Media Room

We can often take for granted how things are. Sometimes it can help to see the enormity of what we are a small part of. This would help us realize the trillions of teeny tiny blessings that are absolutely everywhere, if we simply take the time to notice them. You will find some videos that show just how immense the galaxies in our universe are. Then journal about your thoughts while listening to a song about being grateful.

- I'm Calm/Jayneen Sanders
 - <https://youtu.be/665FfQRI2z4>
- **The Magnitude of Gratitude**



THE MAGNITUDE OF GRATITUDE

How small are we, but oh, how mighty! So very much to be grateful for in being exactly where we are and who we are. Sit back, click the link, and be amazed at the scope of size in space.

Here is a video that launched a thousand planetary size comparison videos. Hang on to your hat! You will be amazed at the size of the universes (that's right, we said universes!)

<https://www.youtube.com/watch?v=GoW8Tf7hTGA>

Here's another way of looking at it: From the eye of a person to ten billion years outward, then inward to the smallest parts of an atom:

<https://www.youtube.com/watch?v=8Are9dDbW24&t=5s>

Want to dive even further into this? Here is a video with a group that went into the desert to lay out the scale of just how far the planets are away from each other ... <https://www.youtube.com/watch?v=zR3lqc3Rhfg>

- **“Thankful” by Verses**
 - <https://www.youtube.com/watch?v=oQ8AQRznByk>

Creation Station

We bring our month of gratitude to a close by stepping into our own power to be the change we wish to see in the world. From one small place to outer space, click around to find how you can create a pinecone bird feeder, learn about what you see shining back at you from the night sky, and even become an activist for global causes if you feel moved to. You are powerful beyond measure. God in action!

- **Pinecone Bird Feeder**

- <https://onelittleproject.com/pinecone-bird-feeders/>



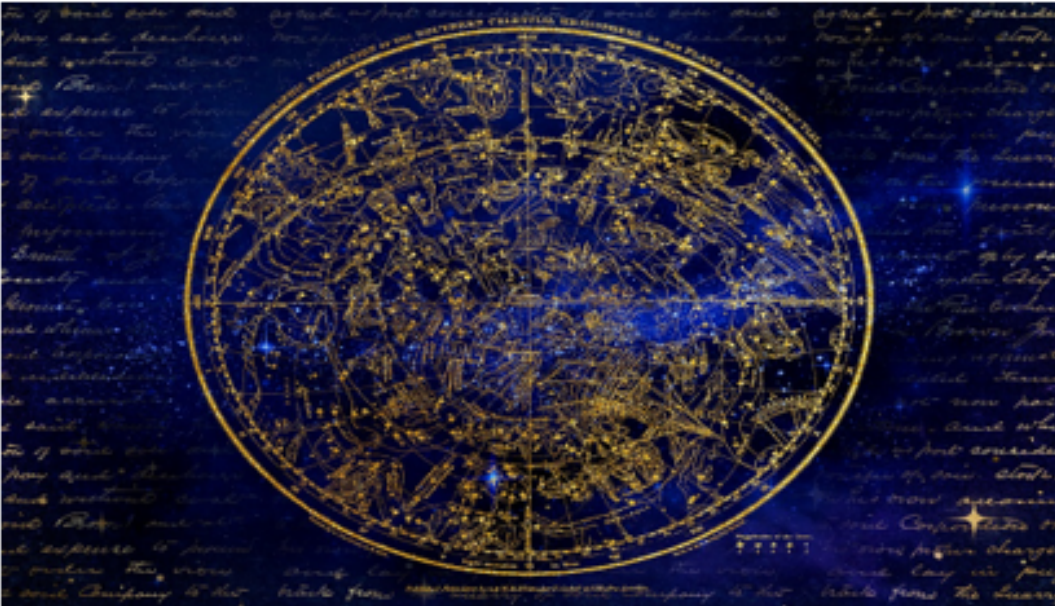
PINECONE BIRD FEEDER

<https://onelittleproject.com/pinecone-bird-feeders/>

- * Follow the instructions to create your own pinecone bird feeder
- * Set it up somewhere you can visit it to see what happens with it
- * Journal about the experience, with reflections about things like

1. What kinds of animals and birds were attracted to the feeder?
2. How do you feel about the life in nature that surrounds you every day?

- Google and Other Sky Map Apps



GOOGLE AND OTHER SKY MAP APPS

From your Play Store or Apple Store, search for 'Sky Map'. You will find free apps that are just like the maps we use to traverse the roads, but they are maps of the sky!

**** Make sure the app is authentic and rated well before you download, and that it's okay with the grownups that you do. ****

Once you have it on your device, you can take it outside at night, point it at the sky, and see the names of the stars and planets you are seeing in your night sky. You can even point it at the floor to see what's happening on the other side of the world.

- Creative ways to Save the Planet



CREATIVE WAYS TO SAVE THE PLANET

Check out some teen activists' sharing how they feel about how the climate crisis is affecting the world and everyone's lives:

<https://www.youtube.com/watch?v=C7dwoqJzETA>

Prince Ea is back with a message about humans on earth that will leave you ready to help make a change: <https://www.youtube.com/watch?v=B-nEYsyRIYo>

How you can help create that change:

Consume with care.

<https://www.youtube.com/watch?v=JyL58vlbvgw>

Join a movement.

<https://www.youtube.com/watch?v=XU0PnoCOXpU>

Affirmation:

WE ARE THE FUTURE.

WE ARE POWERFUL BEYOND MEASURE.

WE CAN CHANGE THE WORLD.

WE ARE GOD IN BODIES!