



*As a family, watch today's Elementary Message from our website or You Tube.  
Keep the conversation going while doing the activities listed below.*

### **Need to Know: I Feel Happy When I'm Thankful**

**DO:** Gather a small cup and enough of one object that can fill up that cup such as cotton balls, small rocks, grapes, etc.

**SAY:** Do you think God wants to help you when you are feeling sad or mad? (Yes) That's right! When you are feeling yucky, God will help you think about things you can be thankful for. When you start saying, "Thank you," it can help you start to feel happy.

First, I am going to give you this empty cup. Then, I am going to say something that may make us feel sad or mad. Next, you will take one rock (or whatever item chosen) and together we will think of one thing we can be thankful for. We will keep going until the cup is full of all the things we are thankful for. Last, we will pray together as a family

**ASK:** If you want to go outside and play, but it looks like it is going to rain, would you feel happy or sad? (*sad*)

How does rain help us so we can remember to be thankful? Yes, rain helps the plants and flowers grow. Say this after me: Thank you, God for the rain! Now let's add our rock (*or whatever item that has been chosen*) to our thankful cup!

**ASK:** If you are building with blocks and someone accidentally knocks your blocks over, does it make you feel happy or mad? (*mad*) If you are feeling mad, should you pout and cry or *stop* to think about how we are feeling, *look* around to see what's making us feel mad, and then *listen* to what God has to say about it in the Bible? Yes! We should stop, look and listen! If someone knocks over our blocks, we can feel mad but we can also be thankful and tell God "thank you" for having blocks to build with and friends to play with. Let's say "Thank you God for our blocks and friends" and then put our rock (*or whatever item was chosen*) in the thankful cup!

ASK: Can you show me what a sad face looks like? Oh my! You look so sad! God gave us our feelings and it's ok to be sad. When we are sad when can think of things to be thankful for. Usually after thinking of lots of things we are thankful for, we start to feel happy.

Our thankful cup still has some room in it, so let's think of other things we can be thankful for so that we can remember all the things we have to be thankful for that God has given us!

SAY: God wants you to remember that no matter how you feel, you can always be thankful! Let me hear you say this after me: I Feel Happy (*smile and point to your smile*) When I'm Thankful (*two thumbs up*)

PRAY: Dear God, thank You for loving us no matter how we are feeling. Please help us remember to be thankful all of the time! We love You! In Jesus' name we pray. Amen.