



Activity 63

Count Your Blessings

Spiritual Development: To count our blessing by recognizing all the positive things in our lives.

You will need – Extra-large lolly sticks, selotape, beads, string and felt tip pens.

Activity – Sit with a partner or in a small group and discuss all the things in your life you are grateful for and that you love in your life. Take approx. 10 lolly sticks and selotape them together so they can fold up. On the first lolly stick write the title 'Count Your Blessings', then on each lolly stick write one thing that you count as a blessing in your life.

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|-----------|--------------------|-----------------|
| * family | * food | * Doctors |
| * health | * toys | * dentists |
| * home | * clothes | * communication |
| * school | * transport | * technology |
| * friends | * laughter and fun | * celebrations |

Once your blessings are completed use some string and beads to add a handle and display. Take time to read others blessings too!

