



Ethos to GO!

W/C 11/01/21 no 7

This Week's Idea



Gratitude
What are you grateful for?



This Week's Bible Verse



*"Be joyful always
pray continually; give thanks
in all circumstances."
1 Thessalonians*

Let's Ponder!



- * What have others done in your life that you are grateful for?
- * What or who has made you smile today?
- * What aspects of your personality are you grateful for?
- * What about today is better than yesterday?
- * What has happened today/yesterday/this week/this month/this year/last year that you are grateful for?
- * Have you had a change to help someone recently, and how did it make you feel?
- * What relationships are you grateful for?
- * What's a hard lesson you were grateful to learn?
- * What is one of your favourite gifts that someone gave you?

This Week's Prayer



A Prayer of Gratitude

*We thank you Lord
for the food before us
the shelter around us
the family beside us
and the love between us.*

Amen

This Week's Activity

Before you start this activity sit quietly with someone at school or at home and think carefully about all the things you are grateful for in your life. General topics could include knowledge, education and school, health & physical body, plants & animals, family & friends, food & water, mind, body & spirit, nature, art & creativity, healing & strength and happiness & laughter. These form main headings radiating out from a main circle in the middle. Under each heading write all the things you are grateful for and that we should be grateful for. Once you have completed the activity walk around the circle and read everything that has been written! WOW! We have so much to be grateful for in our world. You can carry out this activity on any size of paper.



Ethos At Home

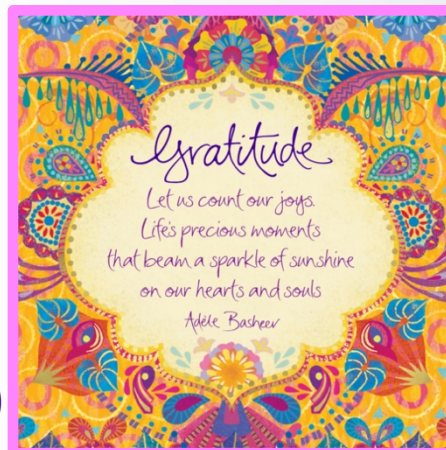
Some activities you can do at home this week!

You could try **one** of these activities:-

- * Make your own gratitude picture and upload it to Seesaw.
- * Make a short video of the things you are grateful for.
- * Write a poem about the things you are grateful for.
- * Write your own gratitude prayer.

Enjoy!

Quote of the Week



Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of

Gratitude.

A.A. Milne



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