



## Activity 25

### Spiritual Development:

**You will need** – Large sheets of paper sellotaped together to make a very large surface to work on, pens, and felt tip pens.

**Activity** – Before you start this activity sit quietly with a friend or in a small group 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. Continue to discuss with your friends as you carry out the activity. 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.



## I am Grateful For....

### To explore the concept of being grateful.

