

Gratitude for Yourself - Children

This guide contains many resources. We recognize that every community's needs are different, so feel free to pick and choose what works best for you.

Preparation

Gather a book (see options below) and other materials suited to the activities you choose, like a physical puzzle or craft materials. Explore the Other Resources (below) for more opportunities.

Read guidance for [Wondering with Children](#).

Gathering (Building the community/circle)

Choose a question related to the topic like below, or a song, or do a check-in (pluses and minutes, roses and thorns) to help welcome everyone into the space.

- I love that I can...
- I love that I am...

For a more hands-on gathering, have a jar or other container and a bunch of pom pom balls that can fill up the jar. Ask the kids to say something they like about themselves and to place a pom pom ball in the jar for each thing they say. You might start by going around the circle and each person says one thing and puts one pom pom ball in, and then all everyone to do this all at once to see how fast you all can fill the jar, saying nice things about yourselves as you put each pom pom ball in the jar.

For older children, they can write something they like about themselves on sticky notes which can be put on a poster on the wall so everyone can see.

Introduction

When you look in a mirror, what do you see? Who do you see? Do you just see a set of eyes staring back at yourself with skin and hair? Do we see stories and memories? How can we look into the mirror and recognize Spirit?

When we are grateful, we are cleaning our mirrors, seeing Spirit more clearly. As part of their training with Right Sharing of World Resources, women in the women's groups in Guatemala clean their own mirrors through *fortalecimiento personal* when they learn to love themselves more. Then they can better see themselves and the

gifts they have to share. When gifts are noticed, recognized, and celebrated, the dust is wiped away and our mirrors glow.

Through our time together we'll be working on cleaning our mirrors and noticing what shows up.

Read a book (suggestions below)

[You Are Part of the Wonder by Ruth Doyle, illustrated by Britta Teckentrup \(read aloud\)](#)

[I Am Me: A Book of Authenticity by Susan Verde \(read aloud\)](#)

[I Like Me! by Nancy Carlson \(read aloud\)](#)

[I Am Enough by Grace Byers, illustrated by Keturah A. Bobo \(read aloud\)](#)

[I Am God's Dream by Matthew Paul Turner, illustrated by Estrella Bascuñan \(read aloud\)](#)

Possible hands-on activities that can be done during reading

Drawing - If you want to suggest possible themes, it might be to draw yourself as happy as possible, so you might have a big smile on your face and being doing something that you really love

Coloring pages

Play-Doh

Pipe cleaners

Wondering Questions for during and after the reading

I wonder what part of the story you like best?

I wonder what part is the most important for you today?

I wonder where you are in the story or what part of the story is about you?

I wonder if there is any part of the story that we can leave out and still have all the story we need?

I wonder...

Reflection

Choose a question to respond to that's connected to the theme:

What's one thing you've learned about yourself?

What is one of your gifts you want to use more often?

Other Resources / Extending the Lesson

Scripture Verses, Quotes, and Media

“Love your neighbor as yourself.”

Matthew 22:39

[Faith & Play Stories - “Gifts”](#)

[I am Kind](#) (song)

[From my Head to my Toes](#) (song)

Games and Activities

Gratitude Hopscotch - Instead of using numbers, write out or draw the things children might be grateful for when you make your hopscotch layout. For instance, you might write “Play time,” “Delicious breakfast,” or “Learning.” Have the kids hop onto the squares they are most grateful for.

Concrete Poems - These are poems where the words are arranged in a shape that reflects the topic of the poem. Write a poem about what you like about yourself, arranging the words in the shape of your body. The words can fill all of the space, or form an outline.

Big Wind Blows - Gather the group in a circle, seated in chairs. Stand in the middle of the circle as you give directions, and remove your chair from the circle. Explain that as the person without a chair, you are the “Big Wind.” Explain the directions: The Big Wind calls out, “The big wind blows for everyone who is grateful for...,” and finishes the sentence by naming something they are grateful for. For example, the Big Wind could say, “The big wind blows for everyone who is grateful for trees to climb on.” Everyone who shares that gratitude must move to a new seat. No one can move to the seat to either side of their current seat. The Big Wind also tries to get a seat. Whoever is left standing becomes the next Big Wind.