



Gratitude Café

RE at Home (Morning)

Gratitude has been proven to be a value that increases health of all kinds: spiritual, mental and physical.

Time: 15 minutes

Materials

1. A variety of morning drinks e.g. tea, hot chocolate, orange juice, milk
2. Pens and pencils (optional)

How To

1. Choose how often to have a family gratitude café e.g. once a week.
2. On the morning of gratitude café, make each member of the family their preferred drink, and gather together. Outside can be nice, depending on space and weather.
3. Say, "There are so many things for which we can be thankful: the air we breathe, the home we live in, the clothes we wear. Let's each take a moment and think of the things we are thankful for. Then we will share them."
4. After some thinking time, say "Let's share the things we are thankful for with one another."
5. Once everyone has shared, close by saying "God, we are thankful for all of these blessings, Amen."

Some may need prompting for this activity, especially at first. Ask leading questions to help.

Your children can use their preferred form of communication - draw pictures, write or answer verbally.



Marking the Days

RE at Home (Evening)

This activity simply says "Another day has come and gone." It may be a helpful ritual during this time of change. As the days go by, the stars on the board become more numerous and a simple piece of art is created. Each of the stars will represent a day during this unique time in history, looking back you can think about the days and the joys and challenges they presented.

Materials

1. A board or large piece of card/paper
2. Star stickers

How To

1. Every evening, just before bed, walk to the board, choose a star sticker and place it on.
2. Say, "Thank you, God, for another day. Amen."

Other stickers could be used, or stars could be drawn on. A book could be used rather than a poster board.