

A Preschooler's Guide

to

Giving

Thanks

Being thankful should be more than just one day out of the year.

Giving thanks is a difficult topic for preschoolers sometimes. The bombardment of toy commercials paired with a child's natural 'I want more' tendency can make a holiday like Thanksgiving to be nothing more than a time to play with cousins. As a pre-cursor to the Christmas holiday, I wanted my children to have a period of time where they focus their minds on being thankful for people and things with which they have been blessed.

Part of giving thanks is not just talking- it's also showing thanks. For that reason, each day in this Preschooler's Guide to Giving Thanks contains a Thankfulness Task. Use the Thankfulness Task mentioned, or come up with your own.

Instructions

Print off pages.

Each day in November leading up to Thanksgiving, talk about the day's "What I'm Thankful for" subject. Since Thanksgiving is on November 28 this year, there are 28 days of Thankfulness Topics. Print off the pages, and each morning review the Thankfulness Topic with your Preschooler. Talk about why you are personally thankful for each day's topic, and let your preschooler talk about why he or she is thankful, too!

Encourage your preschool to demonstrate his or her thankfulness by performing the day's Thankfulness Task.

Use the blank pages at the end of the printable packet to replace a day with your own idea, if desired. If a day does not apply to your preschooler (i.e., he or she has no living grandparents or does not attend a church, etc.), use one of the blank pages to personalize your own topic and task.

[DAY 1]

Today I'm Thankful

for:

My Dad

THANKFULNESS TASKS:

- *Tell your Dad one thing that you love about him today.*
- *Take your Dad his favorite snack.*

[DAY 2]

Today I'm Thankful
for:

My Mom

THANKFULNESS TASKS:

- *Tell your Mom one thing that you love about her today.*
- *Help your Mom with a household chore today.*

[DAY 3]

Today I'm Thankful
for:

My Grandparents

THANKFULNESS TASKS:

- *Make a surprise phone call to your grandparents.*
- *Make your grandparents a special card and mail it!*

(DAY 4)

Today I'm Thankful
for:

My Home

THANKFULNESS TASKS:

- *Clean your room to show your thankfulness for your home.*

[DAY 5]

Today I'm Thankful
for:

My Teachers

THANKFULNESS TASKS:

- *Make your teachers a 'Thank You' card.*
- *Take your teacher a favorite treat.*

[DAY 6]

Today I'm Thankful
for:

My Preschool

THANKFULNESS TASKS:

- *Bake a cake for the preschool staff to share.*

[DAY 7]

Today I'm Thankful
for:

My Friends

THANKFULNESS TASKS:

- *Make an effort to play nicely with friends today.*
- *Take a snack to share with your friends.*

[DAY 8]

Today I'm Thankful
for:

My Siblings

THANKFULNESS TASKS:

- *Let your brother or sister play with a special toy.*
- *Watch your brother or sister's favorite TV show.*

[DAY 9]

Today I'm Thankful
for:

My Favorite Food

THANKFULNESS TASKS:

- *Thank your parents for buying your favorite foods.*
- *Say a special prayer thanking God for your food.*

[DAY 10]

Today I'm Thankful
for:

The Ability to See

THANKFULNESS TASKS:

- *Go outside and pick out your favorite colors in nature. What looks beautiful to you?*

[DAY II]

Today I'm Thankful
for:

The Ability to Hear

THANKFULNESS TASKS:

- *Go outside and pick out your favorite sounds in nature. What do you hear?*

[DAY 12]

Today I'm Thankful
for:

The Ability to Run

THANKFULNESS TASKS:

- *Go outside and run around the house three times. How would you feel if you couldn't do this?*

[DAY 13]

Today I'm Thankful
for:

My Health

THANKFULNESS TASKS:

- *Have your Mommy or Daddy help you write a note to someone who is sick.*

[DAY 14]

Today I'm Thankful
for:

The Sunshine

THANKFULNESS TASKS:

- *Go outside and see how bright the sun makes the day. How would you feel if it was dark all the time?*

[DAY 15]

Today I'm Thankful
for:

The Stars

THANKFULNESS TASK:

- *Go outside at night and look up at the stars. What would the night be like if there were no stars?*

[DAY 16]

Today I'm Thankful
for:

Flowers and Trees

THANKFULNESS TASK:

- *What is your favorite flower? Draw a picture of it and display it in your room.*

[DAY 17]

Today I'm Thankful
for:

Animals

THANKFULNESS TASKS:

- *What is your favorite animal? Have a parent teach you something new about your favorite animal today.*
- *Draw a picture of a favorite animal and decorate it with craft pom-poms.*

[DAY 18]

Today I'm Thankful
for:

God and Jesus

THANKFULNESS TASKS:

- *Write a special letter to God.*
- *Have a parent read your favorite Bible story before bed.*

[DAY 19]

Today I'm Thankful
for:

My Church

THANKFULNESS TASK:

- *Pray for the leaders and workers in your church.*

[DAY 20]

Today I'm Thankful
for:

My Community

THANKFULNESS TASK:

- *Pick an area of your community and take a walk with an adult, picking up trash along the way.*

[DAY 21]

Today I'm Thankful
for:

My Toys

THANKFULNESS TASKS:

- *Clean and organize your toys today.*
- *Donate a few of your toys that you no longer play with to an organization who will give them to children who have no toys.*

[DAY 22]

Today I'm Thankful
for:

My Clothes

THANKFULNESS TASKS:

- *Help your parents with a load of laundry.*
- *Donate your outgrown clothing items to an outreach organization.*

[DAY 23]

Today I'm Thankful
for:

My Pets

THANKFULNESS TASKS:

- *Take your pet a special treat.*
- *Help your parents feed and give your pet water.*

(DAY 24)

Today I'm Thankful
for:

My Country

THANKFULNESS TASKS:

- *Talk to your Mom or Dad about what it means to live in your country.*
- *Look up a picture of your country's flag and draw it.*

[DAY 25]

Today I'm Thankful
for:

Fruits & Vegetables

THANKFULNESS TASKS:

- *Buy a vegetable or fruit that you've never had before and eat it with dinner.*
- *Draw a picture of your favorite fruit or veggie.*

[DAY 26]

Today I'm Thankful
for:

My Room

THANKFULNESS TASKS:

- *Clean up your room today.*
- *Thank your parents for your house where you can have a room.*

(DAY 27)

Today I'm Thankful
for:

Fun Memories

THANKFULNESS TASKS:

- *Talk about fun memories that you've had with your family.*
- *Draw a picture of your favorite memory and hang it on the refrigerator.*

[DAY 28]

Today I'm Thankful
for:

Thanksgiving Day

THANKFULNESS TASKS:

- *Plan a fun Thanksgiving craft to do with your siblings or cousins. Make a few new memories!*
- *Review all that you are thankful for!*

[DAY _____]

Today I'm Thankful
for:



THANKFULNESS TASK:

[DAY _____]

Today I'm Thankful
for:



THANKFULNESS TASK:

[DAY _____]

Today I'm Thankful
for:



THANKFULNESS TASK:

(DAY _____)

Today I'm Thankful
for:

THANKFULNESS TASK: