

# WHAT HAVE I GOT TO BE THANKFUL FOR?



## GETTING INTO THE ACTIVITY

Take time to reflect on all the good things in your life and be thankful to God for all he gives us.

When scrolling through social media, you can often see images of other peoples 'perfect lives' with new clothes, latest gadgets and exciting lifestyles. Seeing people's 'great' lives can sometimes leave you feeling sorry for yourself and disappointed with what you have.

Being thankful for what you have can be hard work, when comparing it to other people. However, our lives are full of blessings and gifts from God, we just need to open our eyes and see them. Being thankful helps you focus on the things that you do have, rather than the things that you don't. Watch this video to see how much we have to be thankful for - <https://youtu.be/ytd47-AI7MM>

God has given us so much. Make a list of all the small things you are thankful for and thank God for them in prayer. I will praise God's name in song and glorify him with thanksgiving Psalm 69 v 30

## WHAT YOU'LL NEED

- YouTube
- Pen & Paper

## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.