

THANKFUL JAR



GET INTO THE BIBLE



15 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

Take some time to think about things you are thankful for and thank God in prayer.

At the moment the world can seem a bit scary and sad. However, we also have a lot of things which make us smile and that we should be thankful for.

Set up a 'thankful jar' and every time you think of something which you are thankful for, write it down on a piece of paper and place it in the jar. This might include spending time with family, playing your favourite game or eating your favourite dinner. After a few days of placing notes in the jar, open it and say a prayer to God, thanking him for all the good things in our lives which he has given us.

You could get your family involved too, by encouraging them to also write thankful notes to place in the jar.

Ask a grown-up to take a photo of your jar and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Pen
- Paper
- Jar



NOTES FOR PARENTS & CARERS

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