



GRATEFUL DOUGHNUTS

PART OF THE DOUGHNUT THEMED PROGRAMME

▶▶ GETTING INTO THE ACTIVITY

Are we thankful for the things we have, or are we always wishing we had something else?

Give each person a ringed doughnut and ask how they feel about being given a free doughnut. Thankful, happy, grateful? (Virtual session - imagine being given a doughnut).

Ask the group to think about how sad they would be if they spent money buying doughnuts for their friends and they complained about the hole in the middle, rather than the tasty treat of the doughnut. How would that make you feel? Sad, angry, upset?

Some people spend their life seeing what they don't have, the things that are missing. They don't have the latest phone, PlayStation, toy etc. Other people are thankful for what they do have. Living in a developed country, it can be easy to take for granted things which are hard to find for others. Homes, food & drink, free education.

We should always be thankful to God for the blessings he gives us. A great way to thank God is by prayer. Just like we would be angry with our friends if they complained about the hole in the doughnut, God is upset when we're not grateful for the gifts he gives us. Talk about the different things the group are grateful for and then bring them to God in prayer.

A great way to remember this activity and to help you always to look at the positives, is with the following rhyme. **'As you go through life make this your goal - look at the doughnut and not the hole.'**

☑☑ WHAT YOU'LL NEED

- Ringed Doughnuts

! KEEPING EVERYONE SAFE

Maintain social distancing as required. Where using food, please ensure children only touch and eat their own food. Children should wash their hands before eating.