

Journey of Discovery



Finding Inspiration

Step 2 Thankfulness

Hi Young Leaders.

Great to join you again to go on step 2 of our adventure, Journey to Discovery.

Last time we thought about how we can show courage even when we don't know what will happen next.

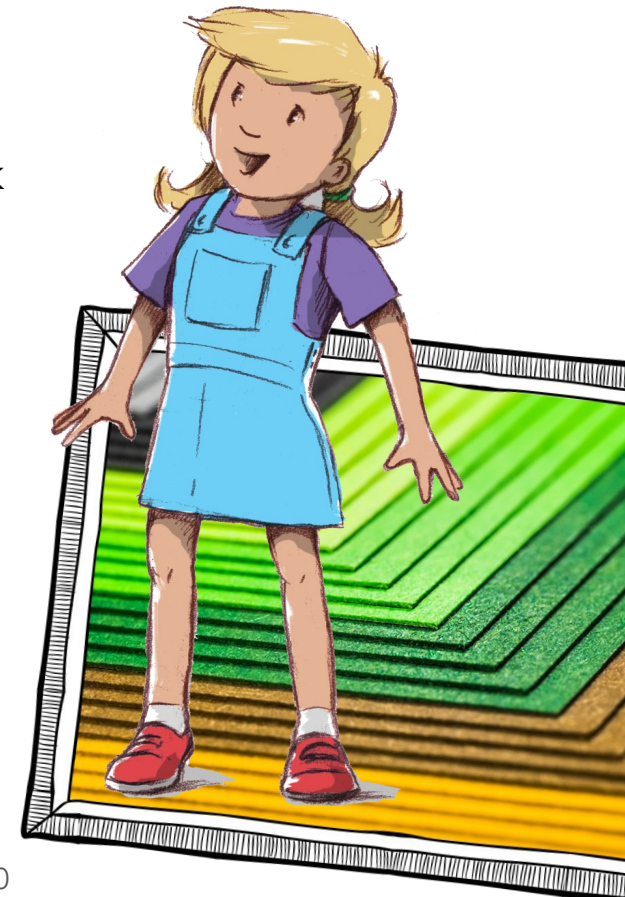
Today on our journey we are going to be thinking about **thankfulness**.

Sometimes it's easy to just think about the things that are difficult and forget to say thank you for all the good things that happen.

Again, there will be some important actions that we can do to help others and show thankfulness.

Are you ready to explore?

Remember small steps can make **BIG changes!**



Step 2 - Thankfulness

The next step on our 'Journey of Discovery' is to remember to be **thankful** for all the good things we have.



Write or **draw** your ideas here:

Think about:

Why is it important to be thankful?

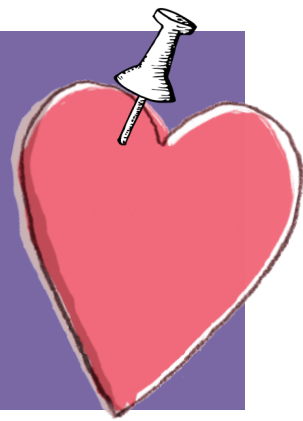
How do you feel when someone says thank you to you?

How do you feel when you think about good things that you are thankful for?



Thankfulness Scavenger Hunt

Hunt for things you are thankful for around your house or when you go out for a walk. Take photos of them, draw them or write a list to remind you of all the little things you are thankful for today!



Fill this space with things you're thankful for...



Find something...

that is
beautiful
to look at

that is your
favourite
colour

that
tastes
delicious

that
makes
you laugh

you are
thankful
for

that makes
you feel
safe

you enjoy
doing at
home

that makes
you feel
happy

Send a Thank you

Make a thank you card for someone you would like to say thank you to.

This could be someone in your family, a friend or someone who is helping others at the moment like a nurse, a teacher or someone who works in a supermarket.

Why are you thankful for them?

Send or deliver your card.








Thankfulness is Sweet

Use a packet of sweets with different colours.

Take turns to pick a sweet from the packet.

Tell everyone what you are thankful for relating to that colour.

Pass the packet on to the next person.

-  Name a **person** you are thankful for
-  Name a **place** you are thankful for
-  Name a **food** you are thankful for
-  Name a **memory** you are thankful for
-  Name **anything** at all you are thankful for



Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.



Step 1 : Courage
Now Available

Please visit:

www.abyyt.com/yla-at-home



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Step 3 : Compassion
Coming Soon!