

Journey of Discovery



Finding Inspiration

Step 2 Thankfulness

Hey Young Leaders.

Welcome back to Journey of Discovery. Step 2 on our adventure is about finding inspiration from others to help us keep going.

Now that we've built up our courage, we are going to explore the **character strength of thankfulness**.

We're going to be hearing from some inspirational people, thinking about how their stories can motivate and inspire us on our journey. What can we be thankful for and how can we show our appreciation to others for who they are, and what they do?

Again there will be some important actions that we can take to thank others and make them feel special.

Let's get ready to explore!

Remember my motto: Be the Change you Want to See.



Finding Inspiration

- Who can inspire us on our way?
- Who can we inspire and be alongside to motivate and encourage?
- What can we be thankful for?

Quotation Inspiration

Mother Teresa



Be thankful for the small things.

It is in them that
strength lies



What do you think?

Write down some
ideas



Key Character Strength: Thankfulness

1. What does the word thankfulness make you think of? Create a mind map of your ideas
2. Now look up a definition.
3. Choose/ find/ create an image that represents thankfulness for you.

Use this space to **write** down **your ideas**



TASK

Watch the Inspiring Local Heroes Video.

Then answer the questions below.



Your Journeys

1. What is inspiring about these people?
2. How does their example motivate and encourage you?
3. What are you thankful for about them?



Use this space to **write** down your **ideas**



The Three Wishes

A traditional fairy tale

What does this story **teach** us about **thankfulness**?



What can stop us from being **thankful**?



Why is being **thankful** an important part of being a **leader**?

A man and his wife are poor and wish they were happier and better off, especially compared with their neighbours. At that moment, a fairy appears to them, and says she will grant them their next three wishes, but no more. After the fairy disappears, the husband and wife mull over their wishes. The wife says, "It makes sense to wish to be handsome, rich, and 'of good quality'."

But the husband replies, "You can be good-looking and rich but still be sick, full of worry, and end up dying young. So, its better to ask for good health, happiness, and a long life."

The wife retorts, "But what use is a long-life lived in poverty?"

They decide to sleep on it, and so go about their tasks at home.

As the wife is tending to the fire to keep them warm, she sees how good the fire is, and says to herself, "I wish we had a giant bit of black pudding over the fire, as that would cook a treat." In an instant, a yard of black pudding comes tumbling down the chimney and onto the fire.

The husband, seeing his wife had wasted one of their three wishes, says, "You fool, I wish that black pudding was stuck to your stupid nose." And so it was: the black pudding attaches itself to the wife's nose, and is stuck fast. The husband curses himself for being stupider than his wife. He says they should wish for something sensible for their final wish, like riches, but the wife says that all the riches in the world would be no good to her if she had to have a black pudding stuck to her nose for the rest of her life. So, the husband reluctantly allows his wife to wish for the black pudding to be removed from her nose – and so it is.

They have used up their three wishes and all they have to show for it is a black pudding. The husband decides that from now on they should wish for nothing and be happy with their lot.

Being Thankful & Encouraging Others

Read this story from the Bible John 17:11-19

Jesus was on his way to Jerusalem. Traveling from Galilee to Samaria, he came into a small town. Ten men met him there. These men did not come close to Jesus, because they all had a harmful skin disease. But they called to him, "Jesus! Master! Please help us!"

When Jesus saw the men, he said, "Go and show yourselves to the priests." While the ten men were going, they were healed. When one of them saw that he was healed, he went back to Jesus. He praised God in a loud voice. Then he bowed down at Jesus' feet and thanked him. (This man was a Samaritan.)



Play

Who are your **local heroes**?

Who are you **thankful** for?

Why are you **thankful**?



Jesus asked, "Ten men were healed, where are the other nine? Is this Samaritan the only one who came back to thank God?" Then Jesus said to him, "Stand up and go on your way. You were healed because you believed."

Saying thank you makes a huge difference. Just like the story, people can forget to say thank you for help and kindness they receive.



Our local communities are full of heroes, and it is during this time that we are appreciating all that they do and saying thank you.



Do you think they **consider** themselves **heroes**?
What questions would you like to ask your **local heroes**?

Thankfulness in Action

Thankfulness Jar

On slips of paper write down things you are thankful for. Put these slips of paper into a jar. You can decorate the outside of your thankfulness jar. Take a slip of paper out of the jar each day and be reminded of what you are thankful for!



Get Creative

How could you thank your local heroes creatively?

- Write an Acrostic poem about their work and what you want to thank them for (Use the letters of 'T.H.A.N.K.F.U.L.N.E.S.S.' to start each line).
- Send a card or write a message or email.
- Record and send them a video message of thanks.
- Use ideas on the KS2 Kindness Grid to say thank you in other practical ways.

Three Wishes

The moral of this story was to be thankful for what you have.

- What do you already have in your life to be thankful for? Family, friends, food, shelter, etc.
- What would your three wishes be?

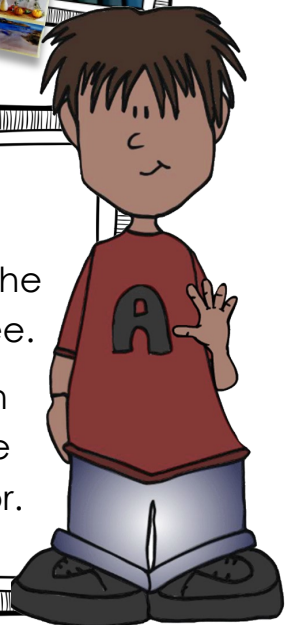
Make a 'Thankfulness' collage or paper chain with pictures and photos of everything you are thankful for.



Nature Walk

Take a family walk and enjoy the nature and colours you can see.

Draw pictures of what you can see adding a heart around the things you are most 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.



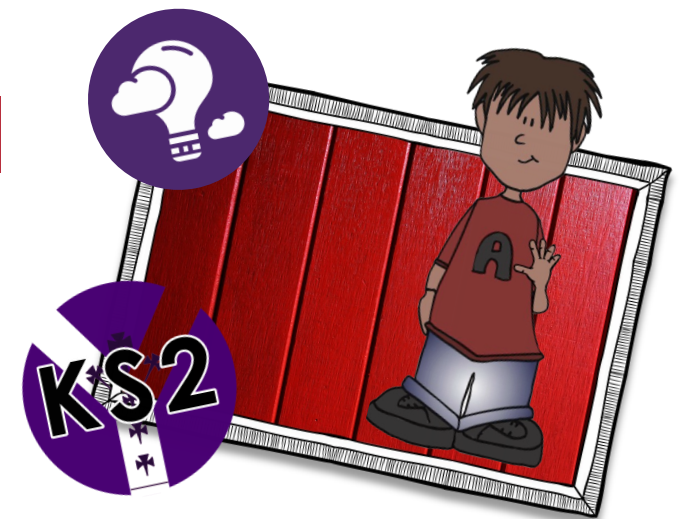
Step 1 Courage
Now Available

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Step 3 Compassion
Coming soon!