

Giving Thanks.

It may sound easy, but it brings great rewards.



Who should you thank?

Anybody and everybody you want to.

You can thank a higher power for basics such as food, warmth, water.

... or friends, people you work with, people you live with ... anyone you would like to.

How to do it.

1. Only thank people when you really mean it, and don't overdo it.
2. However feels right for you, some people feel comfortable with a short "Thanks", others like to do it in more detail.
3. You can even ask someone to thank someone for you.





What should you thank people for?

Whatever you like, and it doesn't have to be big.

It will also help you see how many good things there are about.

When do you do it?

Anytime you like, there is never a wrong time, and it is never too late.



Discussion

- What everyday things, like food or water, are you thankful for?
- Why might giving thanks help you?
- Who makes your days better or easier?
- How would you find it easiest to thank someone?

Project.

1. Notice what you can give thanks for
2. Do it – give thanks for things in a way that is real and not over the top.