**Being thankful**

To reflect on how an attitude of thankfulness helps us to feel more able to cope with both difficult and ordinary days as well as good days.

**Aims**

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**Preparation and materials**

* Three symbols, using whatever you have available:
a symbol of celebration, e.g. wedding ring
a symbol of ordinariness, e.g. an apple
a symbol of sadness, e.g. a box of tissues.
* Five volunteers to speak during the Time for reflection.

**Assembly**

1. how are you feeling today? Different days can be sad, happy or ordinary depending on what’s going on. For example, we feel very happy when something nice happens to us – we make a new friend, it is the day of the school trip or we are invited to a party.
2. Bring out the first symbol – do they know what it is? Explain what the symbol is used for, and speak personally if possible.
3. Ask them about their own happy days. Encourage them to remember their own special birthdays or special events in the family, such as weddings, or even when their team wins at football. How do they feel when they wake up on Christmas morning, or on the day of their birthday? What does a happy day feel like?
4. Show them the second symbol. Explain how most days are very ordinary and nothing exciting or very sad happens. Show them your symbol, for example the apple. Do they like apples? Would they pay £50 for this apple? Of course not! We enjoy eating apples (do we?!), but they are not very special; apples are very ordinary food.
5. Bring out your third symbol, the tissues. Discuss how some days unfortunately can be very sad days, when something sad happens to us or to someone we love.

Even though we are having an ordinary or a sad day, there is something we can do to make ourselves feel better. If we are thankful for what we have, somehow even when we feel sad, it helps us not feel as bad. Most of the time we are really lucky*.* List the things you yourself feel very fortunate about, for example a job you enjoy, a home, family and friends.

**Time for reflection**

Ask the children to think about what they are thankful for. Ask for about five volunteers to come up to share with the school. In turn, ask them what they are thankful for, and say you would like to say a prayer, thanking God for what they have just said. Get them to repeat after you each time:

*Thank you God for . . .*

Ask the volunteers to sit down. Then ask the pupils once more to sit quietly and think about all the good things in their lives. Finish with this prayer that allows them some silence for reflection, and explain that you will give them all a chance to say thanks quietly in their hearts.

*Prayer*
Dear God,
we thank you for all that’s good in our lives.
We thank you especially for what we remember quietly in our hearts now *. . . (silence)*
Help us always to be thankful,
whether we are happy or sad,
and to know you are with us during ordinary days,
good days and bad days.
**Amen.**

**Song/music**

Count your blessings