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# Gratitude Jar

Gratitude means thankfulness, counting your blessings, noticing the simple pleasures in life and acknowledging the things that we have received. Gratitude requires time to reflect, to stop and think.

What are you grateful for?

**If you would like to, write or draw something or someone that you are grateful for in your life. As you fold it up and put it in the jar, you may like to pray or think about the things that you are grateful for.**

Later on you might like to look back though all the things you are grateful for, to remind you of them.

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# New Life

At Easter there are lots of new starts happening in nature: lambs being born, eggs cracking open and spring flowers blooming.

Christians believe that the Easter story helps them in their lives today. They think that trusting in Jesus means they are given a new life. Because Jesus died on a cross and then rose from the dead on Easter Sunday, Christians believe that Jesus has set us free from all the wrong things we've done, so if we make mistakes he forgives us and helps us start over again.

**If you would like to, think about any mistakes or wrong things that you've done, then think about some positive changes that you would like to make in light of these. Write some of these down onto the petals of the flower. Then fold the petals into the centre of the flower, place the folded flower onto the water as a prayer or reflection. As the petals open, know that Christians believe that God hears all their prayers.**

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# The Wheelbarrow

Farmers sometimes use wheelbarrows to move rubbish from one place to another, clearing space on their farms.

We've all got rubbish in our lives, not just 'outside' rubbish like broken things and old clothes, but 'inside' rubbish too...shame, disappointment, failure or hurt. Christians believe that God can help them to clear out all the junk from their hearts by asking for His help and power to do this.

What 'inside' rubbish are you carrying around? What do you need to clear out?

**If you would like to, you can write or draw about your 'inside' rubbish onto a piece of paper, and then screw it up and throw it into the wheelbarrow. You could do this as a thought or a prayer to help you get rid of it.**

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# Love your neighbour

Who is your neighbour?

Jesus says that everyone is your neighbour, not just the people who live near you, and not just your friends. People you don't know, even people you don't like are your neighbours too. And Jesus says that we should love our neighbours like we love ourselves.

**Think of someone...in your class, or your street, or your town. If you want to, write or draw a thought or prayer for them onto a heart, and stick it with the others.**

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# hopes & Dreams

What are your BIG dreams?

What do you hope for?

What would you like to do with your life?

What would you like to achieve?

Where would you like to go?

Sometimes, it's hard to dream BIG because we feel small and unimportant. But, BIG dreams can change the world. Christians believe that God has asked them to make the world a better place in different ways, with His help.

**If you would like to, you can write or draw a BIG hope or dream onto a cloud-shape and stick it onto the large cloud with everyone else's, as a prayer or reflection.**

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# Preparing Hearts

What is Christmas all about?

During Advent, Christians prepare themselves for Christmas. They don't just write lots of cards and go shopping! They also prepare their hearts by stopping to think about the Christmas story, saying sorry for things they've done wrong and making room for Jesus in their hearts.

**Be still and use the pictures to help you think about the Christmas story. Choose a piece of cloth and place it in the crib to make a cosy bed, ready for the special baby. If you would like to, you can reflect on or pray about what might need changing in your heart and how you could do this.**

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# Remembrance

Who do you look up to?

Who do you have good memories of?

We all have people who have made a big impact on us. They might be people who have died or people who have moved away, or that we have moved away from, so that we don't see them very often. This could be people we respect and admire from afar.

Many Christians believe that reflecting on happy memories can help them with their sad feelings and appreciate the positive impact people have had on them.

**If you would like to, write their name and a message on a poppy. Stick it onto a stalk and add it to the plant pot. Reflect on or give God thanks for their influence on you and the difference they've made to your life.**

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# Thankful Tree

There are many wonderful things to be thankful for in our world. It feels great when someone says thank you for something you've done! Christians like to thank God for giving them these things and He loves it when they talk to Him.

What makes your life good?

What are you thankful for?

**If you would like to, take a leaf and write or draw something onto it as a thank you prayer or thought. When you're ready, tie it onto the 'thank you tree' as a way of giving and sharing your thanks.**