

HOME PROJECTS FOR JANUARY

GRATITUDE—Seeing everything as a gift and being thankful

Grades Pre-K-2—Saint Francis of Assisi

1. Before you go to bed each night, thank God for ten things He gave you that day.
2. Every time you see something beautiful, say “thank you” to God.
3. Remember to say “thank you” whenever someone gives you something: food, a ride, a shared toy, etc.
4. Write a thank you card to someone who helps you. (Parents can take dictation from younger students.)
5. Take a nature walk. Look closely at God’s creations, large and small, and thank Him for each one.

Grades 3-5—Saint Julie Billiart

1. Before you go to bed each night, thank God for ten things He gave you that day.
2. Whenever someone gives you a compliment, humbly accept it. Then pause for a moment, and in your heart remind yourself that all your talents and goodness are a gift from God and thank Him.
3. Keep a gratitude journal: throughout the day, jot down things for which you are grateful, such as beautiful things you see, compliments, accomplishments, kindnesses, etc.
4. Think of one person/thing/situation that you think you might be taking for granted. Make a goal of expressing gratitude for that person/thing/situation several times this month.
5. When you eat meals this month, think about the ingredients in each dish, and in your heart thank God for the plants/animals He made/grew and the hard work of the people who contributed to the meal. For example, if you eat bread, thank God for growing the grain, for the farmer who harvested it, the miller who ground it, the trucker who drove it, the baker who mixed it, the hen who laid the eggs, the cow that gave the milk, etc. Isn’t it amazing what we take for granted?

Grades 6-8—Saint Josemaría Escrivá

1. Each time you pray, before *asking* God for things, pause to tell Him three things for which you are grateful.
2. With a friend, think of one person/thing/situation that you think you might be taking for granted. Make a goal of expressing gratitude for that person/thing/situation several times this month. Expressing gratitude might be in prayer, by saying “thank you” directly to the person, or telling your friend about times when you are grateful.
3. Discuss with a friend different ways that a person can show gratitude. Do people show gratitude differently, according to their personalities? Try out one of the things your friend does to show gratitude and let them try out one that you usually do. Keep tabs on each other through the month. Was that way of showing gratitude awkward or helpful?
4. Make a “no whining” pact with your friends. Each time you catch them complaining, they have to say three things for which they are grateful.
5. Have a contest to see which of your friends can say “thank you” to the most teachers/parents during the day—but only earnest thanks count!