



Shirah Chante

Realize Relationship Success

5 Ways to Give Thanks in Every Thing - A Gratitude Exercise!

INSTRUCTIONS: Here's how to use "5 Ways to Give Thanks in Every Thing" Gratitude Brainstorming Exercise:

MATERIALS: markers, colored pencils, crayons, paper or canvas

Choose a place to gather with your family and friends during your holiday celebration, as this is a family centered exercise.

1. Gather your family and friends as well as the materials you choose. You basically need something to write with and to write on.
2. Now it's time for you and your family to think of just 5 things to be genuinely thankful for and share them out loud with each other. If you truly have a thankful heart, you can probably think of 10 or even 20 things, but only choose 5 so that everyone can participate.
3. Now it's time to be creative, this is where you use your markers, pastels, colored pencils or crayons to write down the things your family is thankful for on the paper or canvas you chose. To make it even more interactive, ask each family member to write down what they shared themselves.
4. Voila! You have just created a new decorative wall art (or refrigerator art or wherever this gratitude painting fits) and maybe even a new holiday tradition. Frame it and hang it in your home for all to see and remember throughout the year whenever your family and friends visit you.