

Divine Mercy Parish Office of Religious Education

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November: Gratitude

This month's theme will be gratitude. Please see the family and student activities below.

Family Activities

Complete a family activity from the list below and submit the Family Activity Reflection [here](#).



1. ** Home Prayer Space: Together as a family, work on creating a space in your home where you can gather to pray. This can be a shelf, a mantle, a side table, or anything that works for you. You can even make a portable space with your supplies in a box that you take out when you gather. Some things you can put in your family prayer space are a Bible, candles, holy pictures, rosaries, or artwork that you made. Have fun creating this space together and send us pictures! Watch [this video](#) for more ideas. ****We would love for you *all* to participate in this activity. We will use your Home Prayer Space in future months!****

2. Thankful for you Placemats: On Thanksgiving (or any day!) put each family member's name on a paper place mat. Encourage family members to write brief notes (or draw pictures) on each place mat about why they are thankful for that particular person.

3. Gratitude Scavenger Hunt: Talk with your family about what it means to be thankful and how to express gratitude. Then complete [this](#) Gratitude Scavenger Hunt. Have fun!

4. I Spy Thankfulness: A little spin on this household game, feel free to play this game anywhere you would like. In fact, playing in different places will help everyone in your family flex that 'gratitude muscle.' The first person says, "I spy something red that I am thankful for." When someone guesses correctly, the first person tells why he/she is grateful for it. Then the next person becomes the 'spy.' You can also use other senses such as "I smell something sweet that I am thankful for" or "I hear something quiet that I am thankful for."

5. Thankfulness Jar: As you gather around the Thanksgiving table, give everyone a few pieces of paper. Everyone should have 1 piece of paper for every person there. Write each person's name at the top of each paper. Take 10-15 minutes to have each person write one thing they are thankful for about each person. Try to be specific about why you are thankful for that person. After everyone is finished writing their notes of gratitude, fold them and place them in a jar. Pass the jar around the table and take turns having everyone pull out a note and reading it out loud. Everyone will feel full of gratitude and love!

6. Gratitude Rosary: A gratitude rosary is a new way to use a rosary to pray. With each Hail Mary prayer, you also say Thank you to God for something. Try to pray a decade or whole rosary with your family. By the time you finish your gratitude rosary, your heart will be filled with so much love and gratitude for God. Watch [this video](#) for more details.

Student Activities

Children complete one of the activities from the list below and submit their activity [here](#).

- 1. Thanksgiving Meal & the Eucharist:** In this activity, students will explore the similarities between a home Thanksgiving meal and the Mass. Students should take a piece of paper and divide it in half. Label one side “Thanksgiving Dinner” and draw a picture of your Thanksgiving dinner. Label the other side “The Eucharist” and draw a picture of the Mass. Talk about the similarities between the two pictures. Notice that both include food, families, unity, and giving thanks. Think about what you will give thanks for at Thanksgiving and write those things down on the back of your Thanksgiving Dinner picture. Think about what you will give thanks to God for the next time you go to Mass and write those on the back of “The Eucharist” picture. (Grades K-8)
- 2. Thanksgiving Poems and Prayers:** Read [these](#) Thanksgiving poems and prayers. Choose one and draw pictures that show what it means to you. Then write your own Thanksgiving poem. (Grades K-8)
- 3. ‘Giving Thanks is Necessary’ Video:** Watch [this video](#) by Fr. Mike about giving thanks. Take some time to think about why it is necessary for us to give thanks to God and then make a list of 10 things that you are grateful for. (Grades 6-8)
- 4. One Man says thank you coloring page:** Read the story about the one man who says thank you to Jesus [here](#) and then color the picture. (Grade K-2)
- 5. Grace before meals craft:** Let’s focus on the grace before meals prayer! Children can make this cute craft as they ‘set the table’ and glue the prayer in the middle. Find the directions [here](#). (Grades K-2)

6. Psalm bumper sticker: Grab your Bible and find the Psalms below. Read through them and choose one that you like best. Then make a Thanksgiving “bumper sticker” using that Psalm. Be creative and have fun with it! (Grades K-8)

Psalm 30:10b, Psalm 30:13b, Psalm 69:31, Psalm 75:2, Psalm 92:1, Psalm 97:12, Psalm 100:4a, Psalm 106:1, Psalm 109:30a, Psalm 118:1a, Psalm 138:1a, Psalm 145:10a, Psalm 147:7a