

# I AM THANKFUL

## Focusing on Communication and Literacies

How can we help children to share their gratitude?

Before your child goes to sleep, tell them about someone or something you love, or something wonderful that happened to you that day (*Let's Play!* 2019).

Share a special treat or an object with your child. It can be a book, a piece of clothing, a necklace, a bowl or something that holds a special meaning to you. Talk to your child about it and what it represents to you. Ask them to handle it with extra care.



Here is a short video to help your child understand gratitude:

**What does it mean to be thankful?** <https://www.youtube.com/watch?v=PcVQGoalfnk>

## ACTIVITY

Ask your child to think about someone or something they love, or something wonderful that happened to them that day. Maybe they are thankful for having fun, spending time with a relative, sharing a family meal, or making a new friend.

This experience provides an opportunity to share their gratitude with others (*Let's Play!* 2019).

## EXTENSION

Help your child write down what they are thankful for.

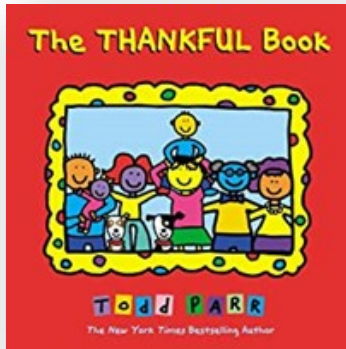
Ask your child to draw a picture that represents the words you have written together.

Wake up in the morning and try revisiting what you were thankful for with your child.

Use this activity as a reminder of the good things in your life (*Let's Play!* 2019).



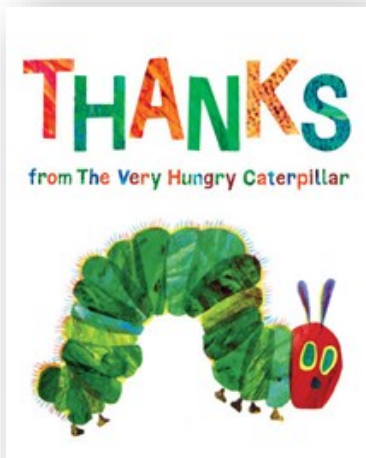
# BOOKS



## The THANKFUL Book

by Todd Parr

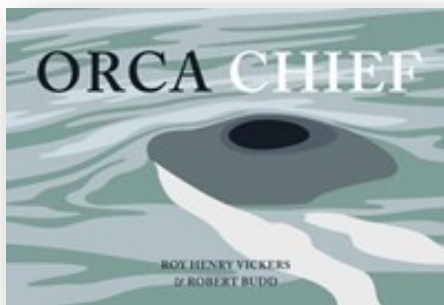
[https://  
www.youtube.com/  
watch?v=Wm9jEf9Ua0A](https://www.youtube.com/watch?v=Wm9jEf9Ua0A)



## THANKS from The Very Hungry Caterpillar

by Eric Carle

[https://  
www.youtube.com/  
watch?  
v=VBCz5D2B3Hw](https://www.youtube.com/watch?v=VBCz5D2B3Hw)



## ORCA CHIEF

by Robert Budd and  
Roy Henry Vickers

[https://  
www.youtube.com/  
watch?v=CV-vI7iFAIY](https://www.youtube.com/watch?v=CV-vI7iFAIY)

## IF YOU'RE THANKFUL AND YOU KNOW IT

(Tune: If you're happy and you know it)

If you're thankful and you know it,  
**clap your hands.**

If you're thankful and you know it,  
clap your hands.

If you're thankful and you know it,  
then your face will surely show it.

If you're thankful and you know it,  
clap your hands.

If you're thankful and you know it,  
**stomp your feet.**

If you're thankful and you know it,  
stomp your feet.

If you're thankful and you know it,  
then your face will surely show it.

If you're thankful and you know it,  
stomp your feet.

If you're thankful and you know it,  
**shout "I am!"**

If you're thankful and you know it,  
shout "I am!"

If you're thankful and you know it,  
then your face will surely show it.

If you're thankful and you know it,  
shout "I am!"

# SONGS

## I AM Thankful/ A Song for Children

[https://www.youtube.com/watch?  
v=zw40KkJVVwI](https://www.youtube.com/watch?v=zw40KkJVVwI)

## REFERENCE

BC Ministry of Education (2019), *Let's Play! Activities for Families*



We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x̣ẉməθkẉəỵəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-waututh) Nations.

VSJ