



National ☆ Karate

Thankful- Being thankful for everything we have and not taking our blessings for granted.

Instructions: Parents, please help your child with this worksheet.
When it is finished, return it to your instructor to earn a stripe.

Name: _____

We are all familiar with the story of the Pilgrims and how they started the tradition of Thanksgiving. But did you know that they had a lot of bad things happen to them? They were on the verge of starving and many of them were dying of disease. But they still thanked God for the blessings they had. They were thankful for the American Indians who helped provide them with food, and taught them how to grow vegetables. And they were thankful for the freedom they had in this new land.

Sometimes it's easier to focus on the bad things in our lives, but this Thanksgiving we would like to encourage you to follow the example of the Pilgrims and be thankful for the good things in our lives. Can you list at least 3 things that you are thankful for this Thanksgiving?

1. _____

2. _____

3. _____

Extra exercise for 8-12 year olds: Try starting every day by naming 3 things you are thankful for. It will have a positive effect on your attitude!



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