



Practicing Gratitude 'Thankful' Christmas Decorations



Did you know that saying **thank you** for things can make you feel good?



Being thankful or grateful for things is also called **gratitude**. There is a lot of **research** which looks at how gratitude is **good** for us.



The research says that people who show gratitude are often **more healthy** – both physically and mentally.



People who show gratitude are often **less stressed** and **sleep better**.



Showing gratitude also **helps** us **make friends**.

The more we **practice** gratitude, the better we get.



(You can find out more information about the research we talk about here [7 Scientifically Proven Benefits of Gratitude | Psychology Today](#))

Gratitude at Christmas



The Include Choir wrote a song called 'Included at Christmas'. We recorded this in [2018](#) and in [2020](#). You can see the songs on our YouTube Channel – [IncludeTube](#) (why not subscribe?)



To write the song, our members drew, signed or talked about all the things that Christmas made people think of.



People talked about lots of **traditional things** like turkey, sprouts, presents and cake.



But members also said it was **important** to remember that **not everyone** is happy at Christmas.

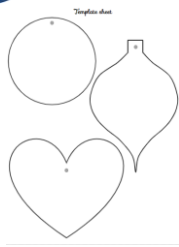


People said that it is **important** to **remember** the **good things** we have at Christmas – and to say thank you.



So this Christmas, we are **making** Christmas **decorations** which show all the things we are thankful for.

Christmas Decorations: You will need:



Paper / printed templates (pages 7-8)



Card (whatever colour you like) – old Christmas cards are good



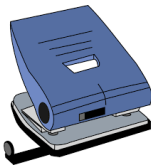
Scissors



Glue



Coloured pens or pencils



Hole punch (or a sharp pencil)



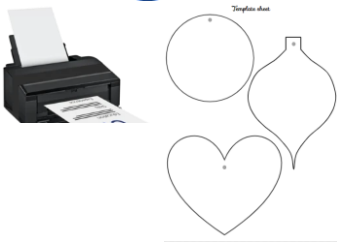
Ribbon or string



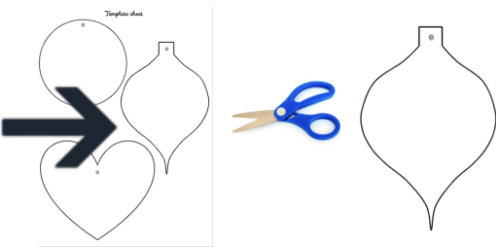
Glitter (if you like)

Try and get everything ready before you start

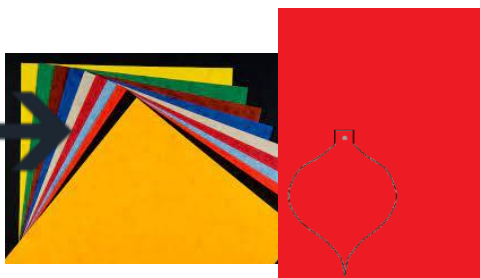
Christmas Decoration Instructions



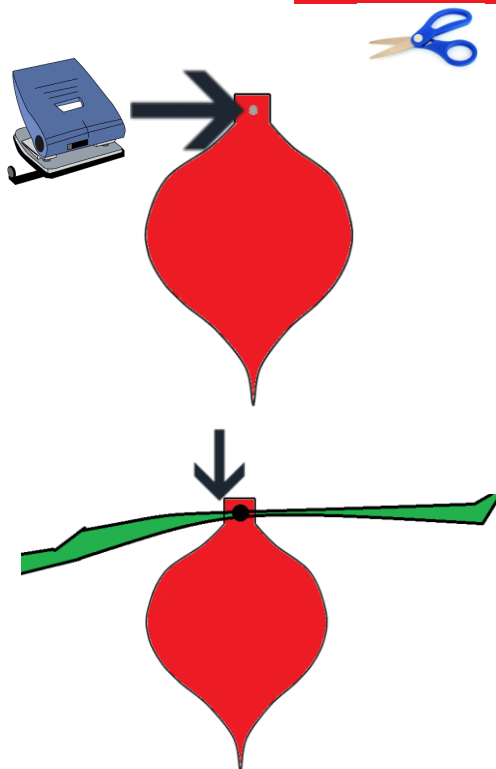
Print out the template page of these instructions.



Choose an 'outside template' shape, and cut it out to make a template



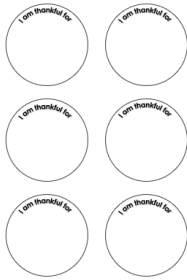
Choose what colour card you would like to make your decoration out of. Put the template on the card and draw round it. Then cut it out.



Use the hole punch or a pencil to make a hole at the top of the card.

Thread your ribbon or string through the hole.

Tie a knot in the string – you can ask someone to help if this or any other step is fiddly.



Print out the round 'I am thankful for' templates (or you can draw your own).



Decide what you are thankful for this Christmas and draw it, or cut out a picture from a magazine.


You could use Makaton symbols if you like, or just write the word if you prefer – it's up to you.




Draw or stick your picture or word in the middle of the 'I am thankful for' circle.




Cut out the circle.



Stick your circle in the middle of your card shape.



Decorate with glitter or more colours if you like.



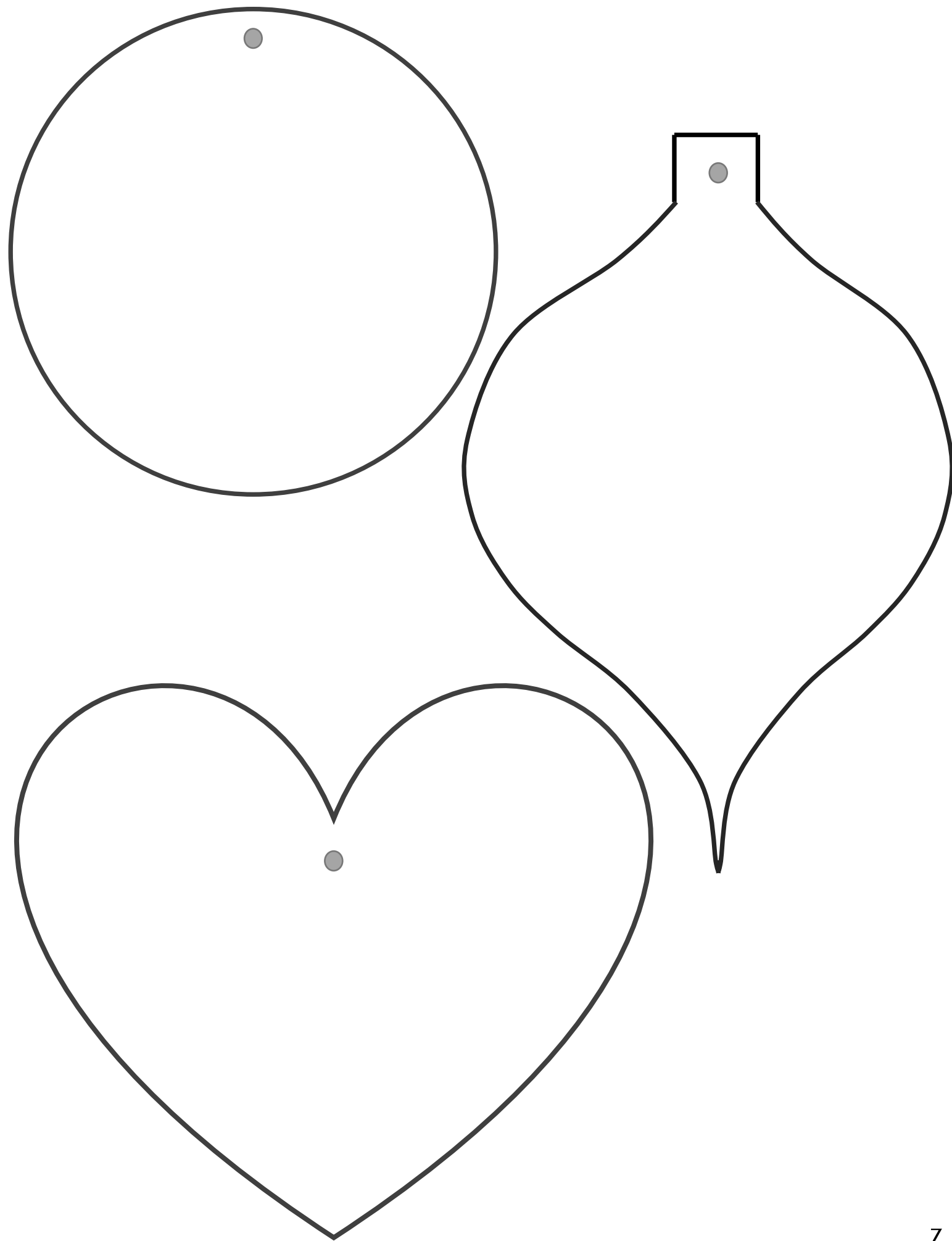
Hang your decoration on your tree and admire it. You can make some more if you like :)

Gratitude helps you feel good, when you practice it. So don't forget to look at your decoration to remind yourself what you are thankful for, this Christmas



Happy Christmas from all of us at Include.org!

Template sheet



'I am thankful for..' Template sheet

