

Being grateful at Christmas time



At **Christmas**, it is **important** to be **grateful** for what we have.



Being **grateful** means **admiring** the **good things** we have **in our lives**.



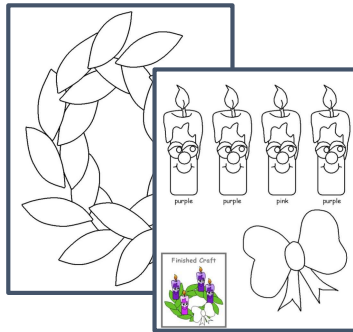
Thinking about all the **good things** we have **makes us feel happy**.



Many **studies** tell us that **people** **feel happier** when they **think more about** the **good things** they have in their **life**.

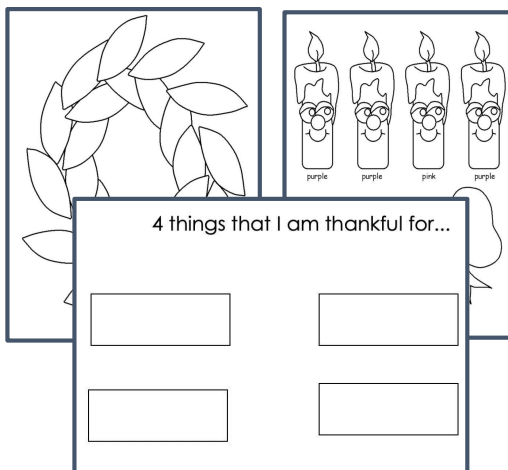


At **Christmas**, **people** **think** a lot about the **things** they **want to get** and **forget about** the **good things** they already **have**.



The **Include Champions' group** made a **gratitude paper wreath activity** to **remind people to be grateful** during Christmas,

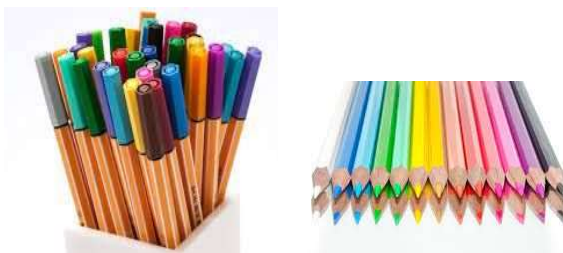
To make the paper Christmas Wreath You will need:



Paper / printed templates



Scissors

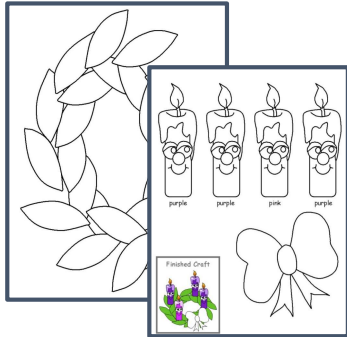


Coloured pens or pencils

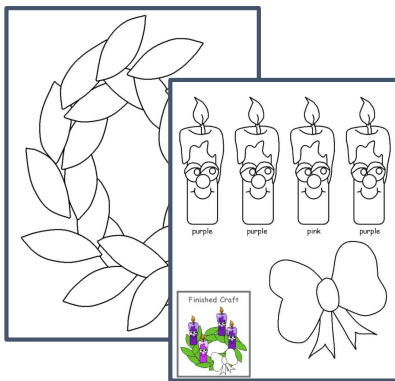


Glue

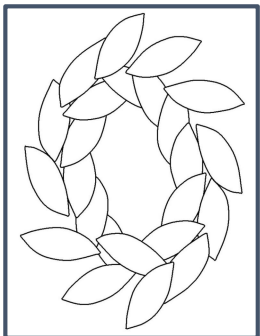
Paper wreath decoration instructions



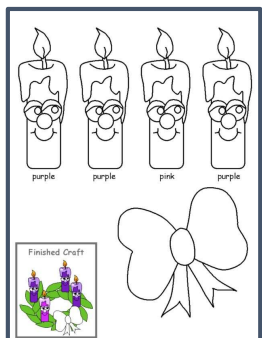
Print out the **template** page of these instructions.



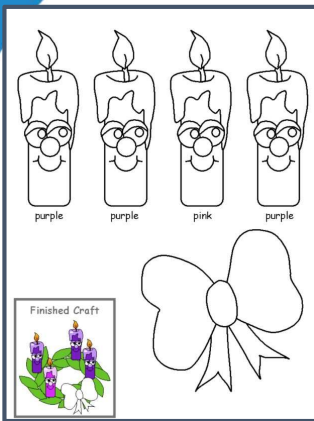
Get your **colour pencils** ready.



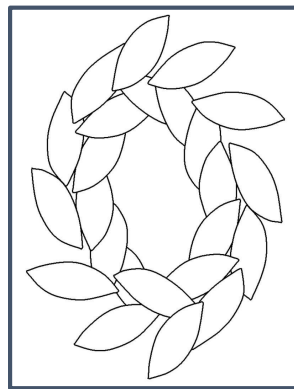
Colour your paper **wreath**.



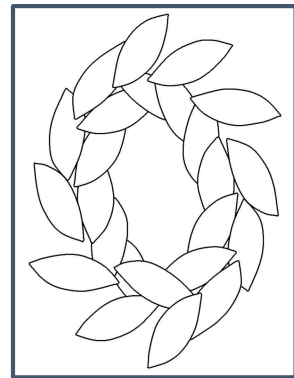
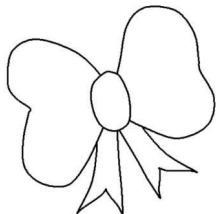
Colour the **candles** and **bow**.



Cut your **coloured candles** and **bow**.



Glue the **candles** to the paper **wreath**.



Glue the **bow** to the paper **wreath**.



Now it will **look like this!**

4 things that I am thankful for...



Write **4** things you are grateful for.

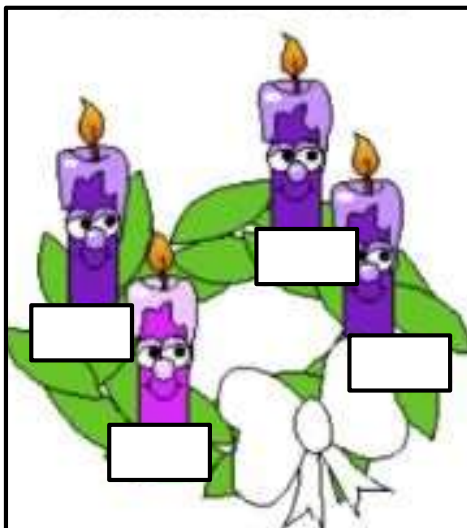
4 things that I am thankful for...



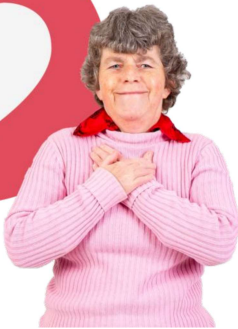
Cut each **rectangle**.



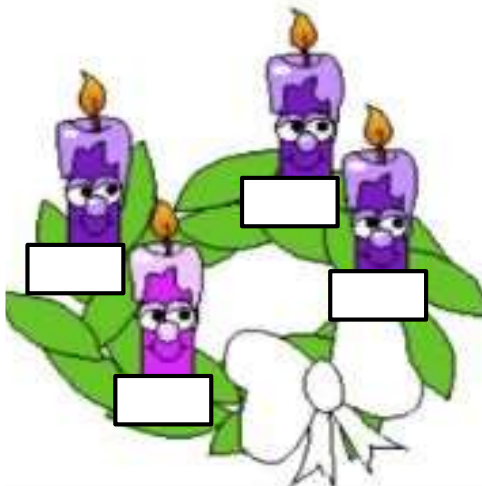
Glue the **rectangles** to the **base** of the **candles**.



Now you have a **Christmas wreath** with your **gratitude messages!**



Remember! Gratitude helps you feel good and be happy.

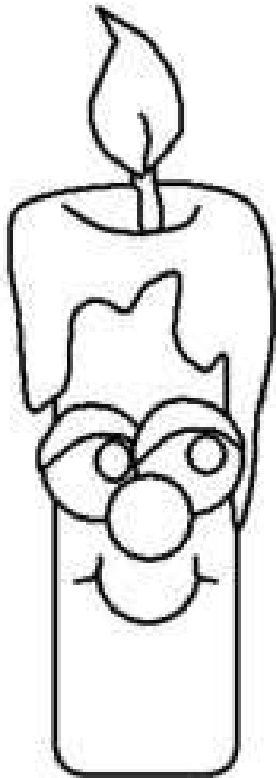


So don't forget to **look** at your **decoration** to **remind yourself** **what you** are **grateful for**, this Christmas.



Happy Christmas from all of us at Include.org!

Thank you to the Presbyterian Church of Aotearoa New Zealand for making the wreath, candles and bow template freely available online.



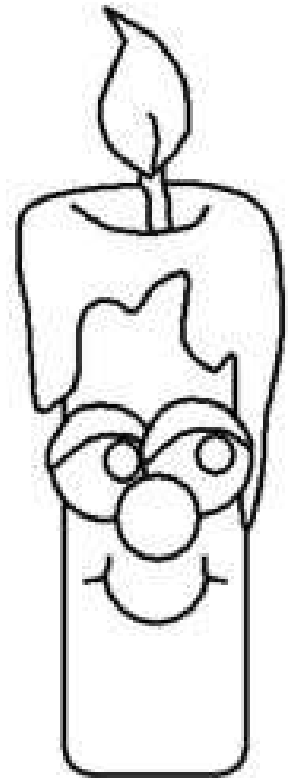
purple



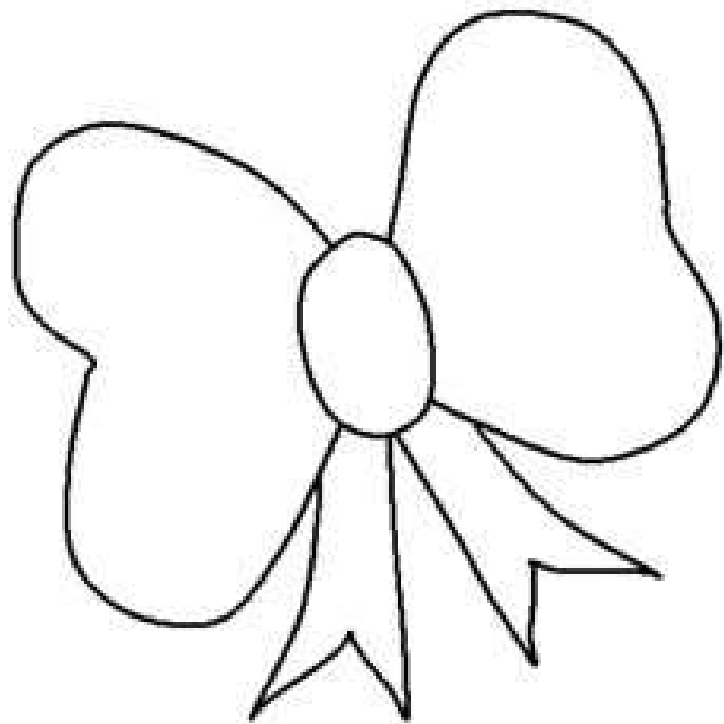
purple

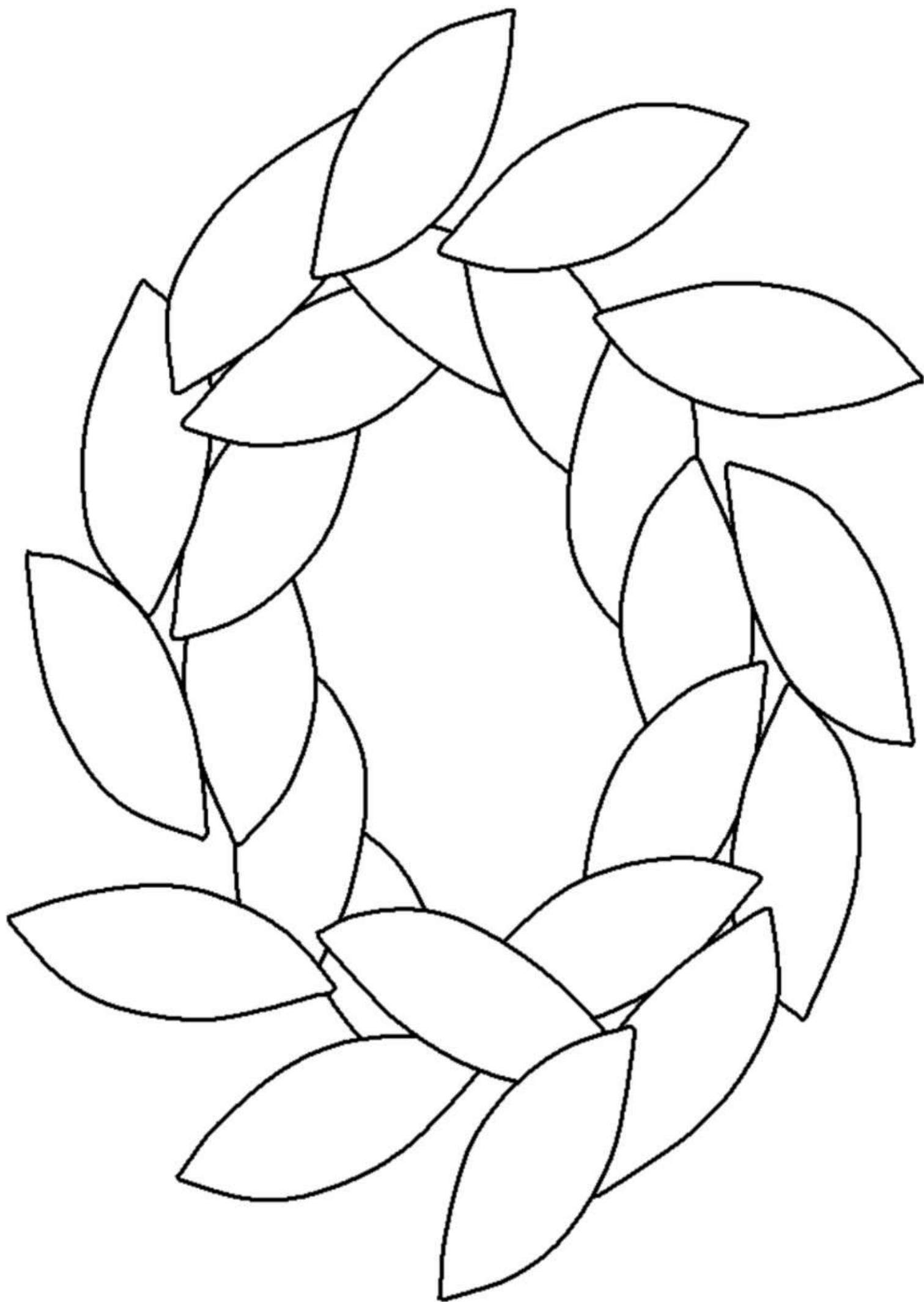


pink





purple





4 things that I am thankful for...

A simple black-outlined rectangular box for writing.A simple black-outlined rectangular box for writing.A simple black-outlined rectangular box for writing.A simple black-outlined rectangular box for writing.