Lesson Plan: “I’m Thankful For?”

Objectives:
- Emphasize that being thankful is a commandment.
- Talk about what we are thankful for.

Reinforces Principle of:
- Thankfulness
- Gratitude

Each lesson contains 5 timed activities:

(Choose the activities that fit your family’s schedule. Additional resources are provided as extra time may be available.)

Reverence Time: Song, prayer, scripture and video clip
Lesson Time: Lesson summary and points to ponder
Story Time: Story
Activity Time: Object lesson or activity
Treat Time: Prayer, theme related recipe & music video
Approximate Time: 5 minutes

Sing Together:  *Children’s Songbook #11 “I’m Thankful to Be Me.”*

If you wish to have an online music file to accompany you visit: http://www.lds.org/cm
(Note: Navigate to the Interactive Church Music Player where you can listen to and print Church hymns and a leading figure in a cause or movement children's songs.)

Prayer:

Scripture Time:  D&C 78:19

19. He who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.

Video Clip:  Watch chapter 12 from The Animated Hero Classics William Bradford DVD. (Video clip is also provided for viewing online.)
Lesson Summary:

What two words do we use to express gratitude? (Discuss ideas.)

“There are two little words in the English language that perhaps mean more than all others. They are ‘thank you.’ ... Be thankful for the wonderful blessings which are yours. ... Let a spirit of thanksgiving guide and bless your days and nights.” Gordon B. Hinckley, New Era, Jan. 2001 © Intellectual Reserve, Inc. All rights reserved

Did you know that being thankful is a commandment?

“All that we have is a gift from Heavenly Father. How can we show Him that we are thankful for all that we have? (Discuss ideas.)

There are many ways to show our thanks to Heavenly Father. It is good for us to thank Him often. Heavenly Father asks us to express our thanks, because He knows that a grateful heart helps us to be happy.

“A grateful heart comes through expressing gratitude to our Heavenly Father for His blessings and to those around us for all that they bring into our lives. This requires conscious effort—at least until we have truly learned and cultivated an attitude of gratitude.” Thomas S. Monson, Ensign, Nov. 2010

Who else should we say, “Thank you,” to? (Discuss ideas.)

“How did the Pilgrims show their thanks to the America Indians? (Discuss ideas.)

They invited them to a feast of Thanksgiving.

What are some of the things that you are thankful for? (Discuss ideas.)

Heavenly Father and Jesus have given us many blessings for which we can be thankful. Being thankful means that we appreciate our blessings and the kind things other people do for us.
Points to Ponder: What Holiday do they celebrate in America to show gratitude for all we have been given throughout the year?

Thanksgiving Day is an annual one-day holiday to give thanks to God at the close of the harvest season. As Governor of Plymouth, William Bradford is credited as being the first to proclaim what we view as the first Thanksgiving.

Do other countries celebrate Thanksgiving?

Thanksgiving is a harvest related holiday to give thanks for the bounteous harvest that God has given. Though it is said to have originated in America, a number of other countries celebrate harvest related holidays. They are observed with different names and in different seasons. But, each one celebrates a feeling of gratitude.

Why is it important to be thankful everyday and not just on Thanksgiving? (Discuss ideas)

“Living in thanksgiving daily is a habit that will enrich our lives and the lives of those we love...We like to be around those who are grateful. They tend to brighten all around them. They make others feel better about themselves. They tend to be more humble, more joyful, more likable....The absence of gratitude makes a person miserable.” Joseph B. Wirthlin, Ensign, Sept. 2001

Quote:

“When you walk with gratitude, you do not walk with arrogance and conceit and egotism, you walk with a spirit of thanksgiving that is becoming to you and will bless your lives.”
~Gordon B. Hinckley

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.
~Henry Van Dyke
It was dark in the car when Logan awakened. Resting his forehead on the window he peered out, but all he could see were a few scattered lights from farm houses dotting the landscape. “Are we there, yet?” he asked sleepily.

“Not yet,” Mother answered quietly so she didn’t wake the baby sleeping soundly in her carseat, “but, soon.”

Logan felt the excitement well up inside him as he thought about the fun times he always had at Grandma and Grandpa’s house. “Do you think Grandpa will take us on a Thanksgiving hayride again this year?”

Father chuckled. “Has Grandpa ever NOT taken us on a Thanksgiving hayride?”

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Logan scrambled out of the car and ran to the front door where Grandma stood waiting. “I’ve missed you so much, Grandma.” He said, while giving her a big hug. “Thank you sooo much for letting us come.”

Grandma smiled. “I’ve missed you, too and you’re sooo welcome! Thank you for coming. Do you want to take your things up to the boy’s room? You’re the first one here, so you can pick which bed you want.”

“Allright!” Logan shouted as he ran up the stairs, but then he paused and ran back to give Grandma another hug. “Thanks, Grandma. You’re the best grandma, ever!”

Grandma hugged Logan back tightly. “I’m so glad that you’re my grandson and thank you for being you.”

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By the next day all of the Aunts, Uncles and cousins had arrived at the old farmhouse for the Thanksgiving holiday. Logan and his boy cousins played in the barn and the girl cousins played dress-up in the attic while the adults prepared the Thanksgiving feast.

Uncle Spencer cut up the last potato and added it to the pot. “If this family gets any bigger, Ma, you’ll have to get a bigger pot,” he teased.

“We better get her a bigger pot for Christmas, then,” Aunt Cheryl said patting her tummy.

“Oh, that’s wonderful!,” Grandma exclaimed. “When are you due?”

“Next June,” Cheryl answered. “Right around your birthday.”

“Oh, my!” Grandma, exclaimed. “Wouldn’t that be a grand birthday gift?”

“That will make thirty-four grand kids,” Grandpa interjected with a proud smile. “The Lord has blessed us in deed!”
After taking his first bite of turkey, Logan got up from the children’s table and ran to Grandma’s side. “This is the best turkey ever, Grandma. Thank you soooo much for cooking it for us.”

Grandma smiled and turned to her son and daughter-in-law. “You’re doing a wonderful job raising that boy. He always remembers to say, ‘thank you.’”

“I don’t know if it’s so much our doing or God’s doing,” Jennifer responded. “He is does have a very special spirit.”

After dinner the family piled into the big hay wagon. As was the tradition, their Thanksgiving hay ride was a time when everyone would take turns pointing out what they were thankful for as Grandpa led the horses down one of the country roads near their home.

Megan pointed to the lake. “I’m thankful for the lake, ’cause we get to swim in it during the summer and ice-skate on it during the winter.”

“I’m thankful for Grandma’s kittens, ’cause they’re soft and cuddly and I like it when they purr,” Amy cooed.

“I’m thankful for the kittens because they keep the mice out of my house,” Grandma countered.

“I’m thankful for the mountains,” shouted Kevin, “’cause I like to go camping and hunting in them.”

“I’m thankful for the moon and the stars that light our way,” Grandpa added.

As they continued on the hayride they went past many of the wonderful things Heavenly Father had created until everyone had named something they were thankful, but Logan, who was snuggled up in a quilt with Grandma.

“Do you see anything that you’re thankful for Logan?” Grandma whispered.

“Oh, I’ve seen lots of things I’m thankful for Grandma, but I’m waiting for something that I’m extra specially thankful for.”

Logan waited anxiously while the family sang songs and drank hot chocolate. Then just as the horses rounded the corner, there it was. A shining white beacon in the night.

“I’m thankful for the temple,” Logan said, “’cause families can be together forever and I’m sooo thankful that you are my family.

Grandma hugged Logan tightly as the tears of joy fell upon her cheeks, “And we’re thankful for you.” Then looking around the wagon at her precious family she added, “We’re so thankful for all of you!”

“Amen!” exclaimed Grandpa.

by Margie Nauta Lee
What you need: A copy of the “Thankful Turkey” activity and a small Butternut squash for each family member, tape, magic markers or paint and scissors.

Preparation
1. Print and cut out the artwork.

Activity:
(Younger children will need help from an older sibling or parent.)
1. Give each family member a set of feathers, a headband and a squash.
2. Draw a face and wings on the squash.
3. Tape headband on squash.
4. Talk about all the many things you are thankful for. Talk about how there are both material things that make our lives more comfortable and spiritual things that bring true joy to our lives that we can be thankful for, and how all these things are gifts from a loving Heavenly Father.
5. Have each person write one thing on each of their feather that they are especially thankful for this year.
5. Tape feathers to squash to make a turkey tail.

Approximate time: 15 minutes
Approximate Time: 10 minutes

Prep Time: 10 minutes
excluding cupcake baking time.

Thankful Turkey Cupcakes

1 cupcake per person
Chocolate Frosting
1 bag Candy Corn
1 Nabisco Nutter Butter® cookie per person
1 Almond per person with one tip cut off.
Peanut Butter

Remove cupcake from paper cup or pan. Frost the entire cupcake. Place the cupcake on a plate on its side. Cut a wedge in the center bottom of the cupcake where the head will go.

Treat Time: Let children put the cookie in the wedge with a dab of frosting to help hold it in place. Cut the tips off 2 candy corns and use peanut butter to stick the tips onto the sides of the cookie for the tur-
key's eyes. Use a toothpick to dab a bit of chocolate frosting on the eyes for pupils. Use peanut butter to stick almond onto the cookie for the beak. Then with each candy corn you stick into the cupcake to make turkey feathers say one thing you are thankful for. (Since there are more things to be thankful for than you can name be sure to say different things than you did when making your squash turkey.)

Closing Prayer and blessing on the food.