

Gratitude Relay



1. Read Philippians 4:4-9 together in *The Catholic Children's Bible* (page 1857).



2. Arrange the children in three or four small groups, and invite each small group to form a line on one side of the room.



3. Explain to them that they will be participating in a **gratitude, or thanksgiving, relay**. Tell them that when you indicate, the first person in each line will walk quickly to the other end of the room. Point out that when they reach the other side of the room, they should shout out one thing they are grateful or thankful for.



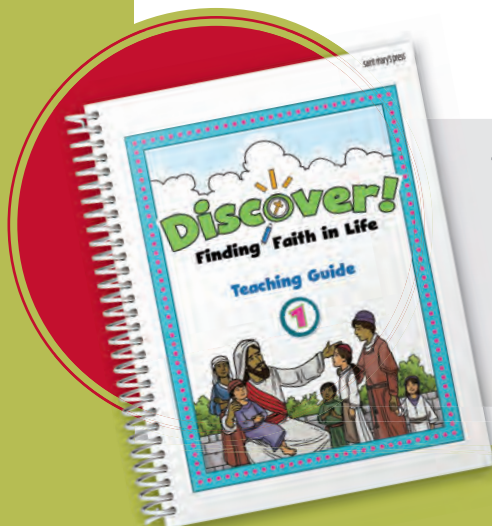
4. Tell them that after they have shouted out what they are thankful for, they should **walk quickly back to their line and tag the next person**. Explain that each person in the line will take their turn walking to the other side of the room, shouting out something they are thankful for, and then returning to the line to tag the next person.

TO LEARN MORE ABOUT *THE CATHOLIC CHILDREN'S BIBLE* visit smp.org/ccb



Process the Activity

- **Remind the children that in today's Scripture passage** we are reminded that we should always rejoice and be thankful for all that God has done for us, especially for the gift of Jesus.
- **Tell the group that we can always be thankful.** Explain that even when we are sad or upset, we can still find things to be thankful for. Point out that being mindful of all the good things in our life is a good way to show our gratitude to God.



This activity is taken from Chapter 15 of the Grade 1 Teaching Guide in the *Discover! Finding Faith in Life* program.

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