

Gratitude At Home

Ages 2-7

At Home with SICM is exploring topics important to Social and Emotional Learning (SEL). This month we are celebrating GRATITUDE through various activities and exercises that remind us to reflect upon and share what we are thankful for. What are you grateful for today?

Create

A Paper "Thankful" Quilt

Being thankful means that you are showing appreciation for someone or something and returning that kindness. For this craft we are going to think of all of the things in our life that we are thankful for and turn it into a beautiful paper quilt! Traditionally a quilt is the joining together of different fabrics with intricate stitching to create a blanket, clothes or just a decorative piece to adorn your home.

You will need the following materials:

Scrapbooking paper
Cardstock
Mod Podge or liquid glue
18"x24" Canvas (or foam board)
Scissors
Markers
Optional: Watercolors

Process:

Begin by choosing different scrapbooking paper you'd like to paste onto your canvas. Once you choose the colors you like cut them into 3" squares and with the Mod Podge or glue, adhere them to the canvas.

Next you will cut 3" squares of the white cardstock. Once you are done you will create little drawings or if you have watercolors, illustrate and write about what you are thankful for on each white square.

Once each quite square has dried, use your Mod Podge or liquid glue to glue them in the spaces next to the decorative scrap book pieces. The finished product should look like a beautiful quilt that you can now hang on the wall as a reminder everyday of what you are thankful for.

Do

A 3 A's Circle:

Appreciate, Apologize and Ah-ha (realize)

We should always treat the people in our lives with kindness and respect. This means acknowledging all the things you appreciate about them and also apologizing when you may have done or said something to hurt them. An "Ah-Ha!" is when you realize something new about a person. It's fun to share these "Ah-Ha!" moments with each other.

Form a circle with your friends or family. Go around and share an appreciation, apology or Ah-Ha! Remember when you share you should be genuine and mean what you say. Sharing these feelings will be helpful for your relationships to grow. When someone finishes their share, clap, snap or cheer for them! Celebrate each other and feel grateful for your experience in the circle.

Perform

A Mindfulness Exercise

Lay in a comfortable spot. Close your eyes. Take a few deep breaths in through your nose and out through your mouth. What do you hear? What do you feel? Feel your toes. Now your legs. Wiggle your fingers and shake out your arms. Slowly open your eyes. What do you see? Notice little details. How do you feel? What makes you happy?

Explore More

Maya Angelo Talks about Gratitude:

<https://www.youtube.com/watch?v=OoEK3Xzo01c>

Kid President's 25 Reasons To Be Thankful!

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>



"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
—Oprah Winfrey

STATEN ISLAND CHILDREN'S MUSEUM
AT HOME!

For more At Home! activities and information about our exhibits visit us at sichildrensmuseum.org