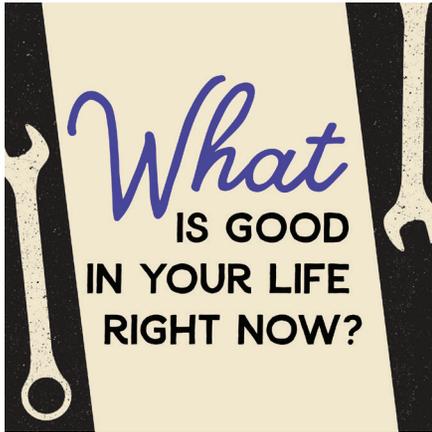


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

---

Read Exodus 16:2-21; 17:1-7

As you read Exodus 16:2-21; 17:1-7, draw a down arrow every time the Israelites complain. Draw an up arrow next to all of the good things in their lives—the ways that God is taking care of them.

There is a lot they seemed to be missing out on, isn't there? All they seemed to notice were the hard things—not all the ways that God was taking care of them and good things He was giving to them. They were really missing out on what they had!

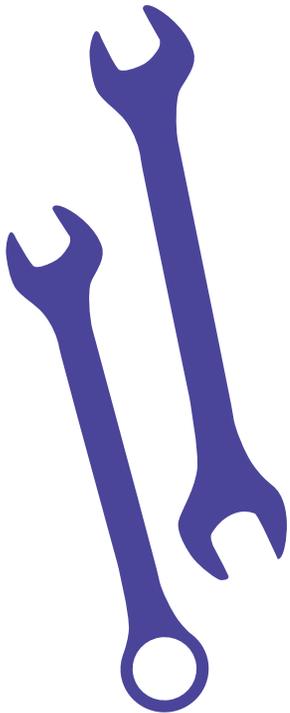


## Day 3

---

Even if you're having a hard time right now, there are so many good things in your life that you may be missing out on. In fact, sometimes it's hard to see those things, so we have to be intentional about noticing them and thanking God for them.

Today, take a prayer walk around where you live. If your parent says it's okay, you can walk outside as well as inside. Intentionally notice all of the things that are good where you live. You might notice your family, your full fridge, clothes in your closet, your friend next door playing basketball. As you notice each of these things, thank God for them. You can get also really specific—like, thanking God for your mom's job that paid for that new bedspread or for bringing your family to this neighborhood where you met your best friend. Whatever you do, **don't miss out on what you have now.**



## Day 4

---

Invite a friend or sibling to a "Thankfulness Tea."

Don't like tea? Choose your favorite drink instead, and maybe some yummy cookies or a crunchy snack! The point isn't what you're eating or drinking, but the focus of the conversation.

While you enjoy your snack together, take turns bouncing back and forth all of the good things in your life. See if you can keep the conversation going the entire time you enjoy your snacks, just sharing with each other all of the things you have to be thankful for!



## Day 5

---

What is good in your life right now?

Think back to the conversation you had with your friend/sibling yesterday. What are the top 3-4 things you recognize are good in your life right now?

.....

.....

.....



If you have the ability to take and print photos, go around taking photos of these things. Print the photos and cut them out, then use some tape to affix them to a long piece of string or yarn. Then, with a parent's permission find a way to hang the photo collage somewhere in your room to help you stay focused on what is good in your life right now. (If you don't have string or a good place to display the collage in your room, use magnets to put the photos on your fridge—or tape them to your bathroom mirror!)

If you can't print photos, try your hand at drawing the things you are thankful for and making a collage of your drawings. If digital art is more your thing, try designing or drawing artwork that represents the things in your list. Or you can do a mixed media piece of artwork to represent all the good things you're thankful for!

However you choose to make a visual reminder of the good things in your life, make sure you put it somewhere you will see it often. And whenever you're tempted to focus on what you don't have, take a look at all the good things you do have!