**Activity**

The 1st part of this activity is for all grades (K5-6th) and should be done together as a family. The 2nd part should be discussed together for the K5-2nd grade and done independently for the 3rd-6th grade.

**PART 1**

This first activity can be done as either an art project or simple list activity. It’s up to your family how you would like to display this.

1. Sit down and make a list of all Mthe things that you are thankful for. Think about even the little things that is easy to overlook and take for granted. It helps to think about things that other people don’t have.

2. If you’d like, you can make a poster or write these down on separate pieces of paper and put in a decorated “Thanksgiving Jar”. Encourage your child to add to this poster or list when ever they feel thankful for something.

3. Make a family prayer of thanksgiving together and say it together.

**PART 2**

1. If you have a child who is in K5-2nd, discuss things that people do to hurt us.

If you have a child who is in 3rd-6th grade, along with yourself, invite them to write things down on scrap paper that they need to forgive others for or things they have done that they feel bad about.

2. Reassure them that what they write is private and you won’t read it.

3. Talk about the importance of receiving forgiveness from God and how we need to give that same forgiveness to others whether we feel like they deserve it or not.

4. Say this prayer (called the Confiteor) together as a family that we prayer during Mass as a faith family:

I confess to almighty God and to you, my brothers and sisters,  
that I have greatly sinned in my thoughts and in my words,  
in what I have done, and in what I have failed to do;  
Through my fault, through my fault, through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin, all the Angels and Saints,  
and you, my brothers and sisters, to pray for me to the Lord our God.

May almighty God have mercy on us, forgive us our sins, and bring us to life everlasting, Amen.