Zag's Gratitude Activities

For kids

Gratitude means noticing the good in your life and feeling thankful for it.

Play Pass the Thanks!
Sit together in a circle. Take turns thanking someone for something specific:
"Thank you for _____. It helped me _____."
Your thanks can be for something big or small!

Talk about it:
1. Who showed Ana kindness? What did they do?
2. How did Ana show the lion she remembered his kindness?
3. Why was Ana thankful for her glasses and Grandma Gobble's strap?
4. What is something about yourself that you're thankful for?
5. Who would you like to thank today, and why?

Make a Thankful Feather
Draw a big feather. Inside it, draw or write something you're thankful for. Put everyone's feathers together to make your own thankful flock!



Zag's Talking Points

For grown-ups

Notice everyday gifts. Ana's gratitude includes her flock, her glasses, her abilities, and an unexpected kindness. Help children notice everyday things they appreciate: a meal, a shared laugh, a helpful friend, or a comforting hug.

Make thanks specific. Go beyond "Thank you." Try "Thank you for helping me find my glasses. Now I can see clearly." Invite children to explain what someone's kindness meant to them.

Show gratitude through actions. Ana remembers the lion's kindness and chooses to help him. Explore ways to express appreciation through a drawing, a helpful act, or time spent together.

Give freely. Gratitude grows from appreciation. The lion's kindness is a gift, and Ana's help is her own caring choice. We can appreciate kindness without treating it as something we must repay.

Appreciate strengths and support. Ana learns to be thankful for what she can do and for the help she receives. Ask: "What are you glad you can do? Who or what helps you do it?"

Make gratitude an everyday habit. At dinner or bedtime, share one good thing you noticed and one person you appreciate. Gratitude belongs in ordinary days, too - not only on Thanksgiving.

