

SAM Challenge - Thankfulness - St Silas Academy

Phase 1 Years 1-3 Thankfulness

Choose 3 home challenges and 1 community challenge. You and your teacher together will choose 6 school challenges.

School

Design a small individual prayer box. Write a prayer to go in the box. Keep adding your prayers to the box. Show it to your class.

Make signs to put up around school to thank people for behaving well, such as not dropping litter or not running on the stairs.

Give thanks to God for giving you a healthy heart. Design a healthy meal and a healthy packed lunch. Show why you have chosen the foods you have and what food groups they come from.

Some people show they are thankful for God's generosity by passing this generosity on to others. Write about a time when you were generous to another person. How do you feel when you give or do something nice for someone else without expecting something in return?

In Luke 17: 11-17, Jesus heals 10 people who have leprosy but only one returns to say thankyou - a Samaritan. How important it is to appreciate the skills and hard work of others, especially those who regularly help you in school? Design a thankyou card for one of your teachers. Write inside the reasons you want to give thanks for everything they do.

Read the story of Joseph and his coat of many colours. Listen carefully to the part where Joseph's brothers return to his house with their youngest brother, Benjamin. Joseph has prepared a feast for them in order to surprise them with his identity. Make Egyptian Caraway Seed Bread and act out this part of the story.

<http://www.cookingwiththebible.com/reader/Default.aspx/GR3410-638/recipe/>

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Phase 2 Years 4-6 Thankfulness

Choose 3 home challenges and 2 community challenges. You and your teachers together will choose 5 school challenges.

School

Design a poster or cartoon about using good manners in school to all members of staff. Make it colourful so that it will stand out. Ask your teacher to put it up in class.

Give thanks to God for giving you a healthy heart. Design a healthy meal and a healthy packed lunch. Use food packaging to create a collage of the Eatwell plate. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

As a class, contact a child from another school/community/country who either shares the same faith or has a different faith to you. (Letters will be sent via the school address.) Tell them all about yourself and what it is that you are thankful for.

The Ten Commandments are a set of rules written to show Christian's how to live their lives. Make a list of rules you would like to live by.

[http://www.dltk-bible.com/%5C/exodus/moses and the 10 commands-cv.htm](http://www.dltk-bible.com/%5C/exodus/moses%20and%20the%2010%20commandments-cv.htm)

Become an Eco-warrior and attend the meetings regularly. Keep a journal to show your contribution to the meetings.