

SAM Challenge - Thankfulness - St Silas Academy

Phase 1 Years 1-3 Thankfulness

Home

Give up one thing for Lent/Eid. Keep a diary to show how you felt and how it made you feel closer to God and thankful for what you've got.

Make a list or a poster showing 5 things in your life that you are thankful for and illustrate it to say why you are especially thankful for these things.

Write or draw a prayer to give thanks to God for all that you have. Read it to your family.

Keep a record of the food you eat during one week. Find out about the country or part of the world where you would expect to eat that food. Look at the packaging to show where the food came from. Learn about food miles and how far the food has travelled to Blackburn.

Look at some food packaging at your house. How much of the food packaging you have found is recyclable? Draw a picture to show your family what can be recycled.

Wider Community

Find out about an event run by your local library, such as family story time, and go along to it with an adult. Write a thank you letter to the library staff for putting on the event.

Find out how to open a bank account and save money regularly. How old do you have to be? How much can you save? Find out about interest and what it is for.

Plan an event for the future, to raise money for a charity of your choice. You can do this alone or with a group of friends. Is there a local charity you can support such as Nightsafe?