



Creative prayer activities for children and families to enjoy!



"Give thanks to the Lord, for He is good; His love endures forever."

Psalm 107:1

1. ACTIVE: Thankfulness Prayer Walk - Gratitude Steps

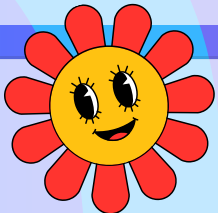
You will need:

Comfortable shoes to walk in appropriate for the weather.

Optional: small bag for collecting items.

How it works:

- With family or friends go for a walk around your neighborhood, a park, or a nature trail.
- Every 10–20 steps, stop and take turns saying something you're thankful to God for (e.g., "Thank You, God, for the trees," "Thank You for Grandma," etc.).
- Optionally, collect one small item at each stop (like a leaf, stone, or flower) to bring home and create a "Thank You" centerpiece.



"Every good and perfect gift is from above..."

James 1:17

2. CRAFTY: Thankfulness Tree - The Blessing Tree

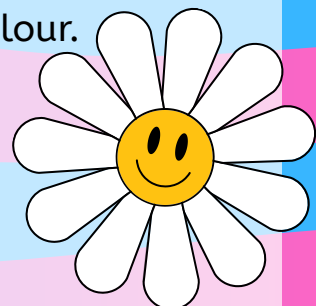
You will need:

Paper, scissors, glue/tape, pens or pencils

Optional: real branches in a vase and hang the leaves with string

How it works:

- Draw or craft a tree (on paper, felt, or cardboard).
- Cut out leaf shapes from colorful paper or scrap paper and colour.
- Write something you're thankful for on each leaf.
- Stick the leaves onto the tree branches.
- Display it somewhere visible to remind the family of God's blessings.





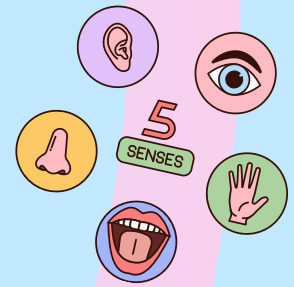
***"Taste and see that the Lord is good; blessed is the one who takes refuge in Him.
Psalm 34:8***

3. SENSORY: Thankful Touch & Smell Box - Sense of Blessings

You will need:

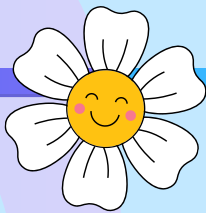
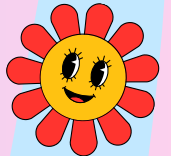
A box or tray

Various sensory items e.g., soft fabric, sliced lemon, spices, scented candles, smooth stones, sand, etc.



How it works:

- Fill a box or tray with items that engage different senses – see above.
- Take turns picking an item and saying what it reminds you to thank God for example: "This cinnamon reminds me of baking with Dad. Thank You, God, for family."



***"Be still, and know that I am God."
Psalm 46:10***

4. STILL: Quiet Candle Prayer Time - Silent Sparks of Thanks

You will need:

Candle or battery LED candle for younger children.

Calming instrumental music (optional).

How it works:

- Turn off lights and light a candle in a quiet space.
- Sit together in silence for a minute, each thinking of something you are thankful for.
- Then, go around the circle and share your "thank you" to God one by one.
- End with a short prayer of collective thanks.

