

CHALLENGE

'As the sun rises on a new day, may our hearts say "God is good to us!"'

With a world of difficulties and anxieties, it's really easy to focus on the problems when we wake up. **Create a new gratitude routine** together at the start of the day. When does that work best for you? In bed? Over breakfast?

- **Choose how you want to record and remember every detail you can be grateful for (e.g. write/draw/photograph/put it in a song).**
- **Begin to make it a daily family habit and choose how you want to track your progress.**

DID YOU KNOW?

Gratitude actually rewires our brain!

**"THIS IS A
WONDERFUL DAY.
I'VE NEVER SEEN
THIS ONE BEFORE."
Maya Angelou**

TALK ABOUT

- **What are the first few things you each do when you wake up?**
- **What are some of the things that you do every day or are guaranteed to happen every day (e.g. sleep/get dressed/brush your teeth/sun rising/sun setting)?**

Today's song is partly based on a verse in the Bible (in the book of Lamentations, chapter 3, verses 21-22), which talks about something that is guaranteed/promised to happen every new day: *'Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning'*. Talk about how you can remind yourself of God's goodness, as you wake up.

SHARE IT

With a large sheet of paper and pencils, draw either a sunrise or an alarm clock and **add some of the things from your gratitude list** that will encourage you as a reminder each morning. Invite friends/extended family (perhaps via video chat) to tell you one special thing they're grateful for, and include it in your picture. Give it a title.

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