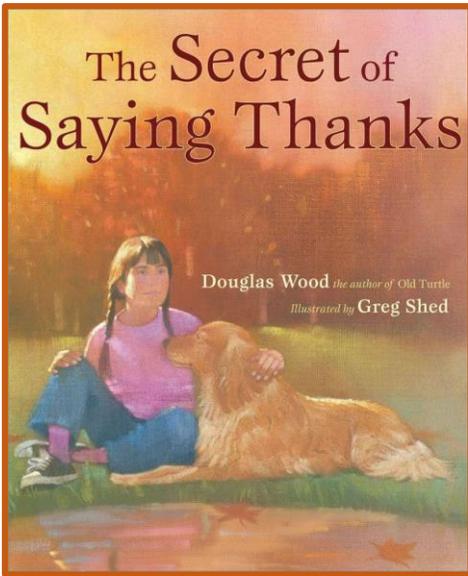


FRED CO KIDS NOVEMBER 2018 READING CHALLENGE

GRATITUDE WEEK 46 #FCPREADTOME



Perhaps you'd like to know a secret, one of the happiest ones of all. You will surely find it for yourself one day. You'll discover it all on your own, maybe when you least expect it. If you've not yet discovered the secret of saying thanks, it's waiting for you. In the inspirational text that made him a bestselling, internationally acclaimed author, Douglas Wood offers a spiritual homage to nature and the world.

This book pairs well with yoga poses through out the story! Give them a try!

1. Thank you **sun** for the gift of a new day, for all its choices and challenges, for all the beauty it brings.
2. Thank you **flowers** for the bright and graceful blossoms, the sweetness of its breath and reminding you to smile.
3. Thank you **trees** for cool shade on a hot day, forests to explore, leaves that sing in the breeze, and roots that hold the earth in place.
4. Thank you **rock and stone** for your silence and patience, for standing still and not changing in world filled with noise and speed and change.
5. Thank you **birds** for the gentle music of the skies, for bright feathers and graceful creatures who dance upon the wind.
6. Thank you all the **creatures** who swim and crawl and creep, burrow run and climb that save us from loneliness on our small blue planet.



SUN POSE



FLOWER POSE



MOON POSE



BIRD POSE



SWIMMING POSE

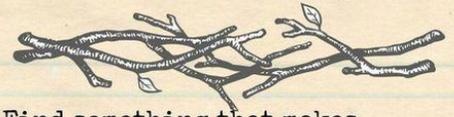


ROCK POSE



TABLE POSE

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



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STAR POSE



SUNSET POSE

7. Thank you **stars** that twinkle far away with just enough light to dream on. Thank you **moon** for lighting the sky and night, and helping us to find our way in the dark.
8. Thank you **water** that make the magic of life possible. For **sweet drinks**, for **cool swims** and reflecting **sunsets**, and for the gift of life itself.
9. Thank you for home and family, for **good food** and the good earth that gave it, for people to prepare it and family to share it. **(Table)**
10. Thank you for **sun** and **moon** and **stars**, and **rocks** and **trees**, and **flowers** and **waters**, and **birds** and **animals**, and all those who love you, and the love you feel for them.
11. The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time. The more we say thanks, the more we find to be thankful for. And the more we find to be thankful for the happier we become. **(Gratitude Dance, Your Own Happy Dance)**

12. We don't give thanks because we're happy. We are happy because we give thanks."

(Namaste)