

PARENT-CHILD ACTIVITY: GROWING WITH GRATITUDE

Playdough for a Bakery and a Lesson in God's Awesome Abundance

Make a batch of fresh new playdough. (It is most fun when it is still warm!) Get out the cookie cutters, rolling pins, birthday candles and butter knives! Create little plates of cookies, cakes and muffins, bake them in your pretend oven for sale at your bakery. Everyone can be the bakers and take turns selling and buying your special creations. (Great recipe on the following page.)

Use this activity as an opportunity to talk to your child about the foods we eat and where everything comes from. It comes from the amazing earth which God created for our use! Young children can appreciate how God provides the ingredients from the plants and things of the earth. Tell them about God's brilliant plan in creating the earth to provide for people's constant, on-going needs. It is one of the ways that God shows his constant care for all people. God even provided the ingredients for this playdough for our pretend-food play and fun!

Growing Even More in Gratitude: An Adult Exercise

Spend some quiet time on your own level of gratitude this week! These suggestions and questions may be helpful:

- How do I currently acknowledge God's Blessings in my life? Do a 5-minute, end-of-the-day-examine. Begin by naming each blessing you received throughout the day. Thank Jesus for each one. It will lift your spirits because it will increase His Spirit within you!
- How do I demonstrate my appreciation to others for all they have given and are to me?
- In what ways can I increase thankfulness in my life to God and to others? Take a small step of appreciation right now: write a note, call a friend, thank your spouse or encourage your child.
- Have a conversation with another adult in your life. Discuss the importance of gratitude. Make a resolution to grow in gratitude each day.

Easy to Make Janet's Playdough



This recipe rarely, if ever fails, uses ordinary baking ingredients and keeps well for a long time.

1 cup flour
1 Tablespoon vegetable oil
1 cup water
1/4-1/2 cup salt
1 teaspoon vanilla-if desired
1 teaspoon Cream of Tartar
Food coloring

Instructions

Put dry ingredients into medium-sized saucepan. Add water and oil. Mix well. Add food coloring and stir. Cook over medium heat. Stir constantly until consistency of mashed potatoes and mixture forms a ball. Remove from heat and add vanilla. Cool slightly and knead while still warm. Cool completely before placing in plastic bag for storage.