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# COUNTING EVERYDAY BLESSINGS

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## Objectives

By the end of the activity, you will be able to:

1. prepare a list of everyday blessings/gifts
2. share a list of gifts/blessings with peers
3. explain why you are thankful for the gifts/blessings received

## Note:

- Blessings are special favours, events or benefits that bring happiness.
- Gifts are persons/things/events that are useful, given intentionally by someone at a certain cost and are not deserved or earned by you.
- All blessings are gifts.

## Part I. Sharing Everyday Blessings

1. Form groups of 5.
2. Each group member will take turns to take one piece of paper from a bowl with a list of questions pertaining to everyday blessings. Each member will silently read the questions on each piece of paper and think about his/her response to the question.
3. After all the members have completed reading their respective questions, each one will read and answer the question written on the paper aloud.

Example: "What made you smile today?"

Note: The group members can clarify the responses of the person sharing.

4. After all of the group members have shared their responses to the group, each one will go back to his/her seat.

## Part II. Counting Everyday Blessings



1. Think about a blessing or gift that you are grateful for in the past few days. This can be a positive event or a thing. Why are you grateful for this blessing/gift? Write down the person who is responsible for such blessing. Give the reason why you are grateful to him/her. What did he/she has to do to offer you such blessing/gift?
2. You may also add a drawing showing why you are grateful to each entry in your list.
3. Repeat the above steps for four more blessings.

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1) I am thankful for \_\_\_\_\_  
because \_\_\_\_\_

I am thankful to \_\_\_\_\_  
because \_\_\_\_\_

2) I am thankful for \_\_\_\_\_  
because \_\_\_\_\_

I am thankful to \_\_\_\_\_  
because \_\_\_\_\_

3) I am thankful for \_\_\_\_\_  
because \_\_\_\_\_

I am thankful to \_\_\_\_\_  
because \_\_\_\_\_

4) I am thankful for \_\_\_\_\_  
because \_\_\_\_\_

I am thankful to \_\_\_\_\_  
because \_\_\_\_\_

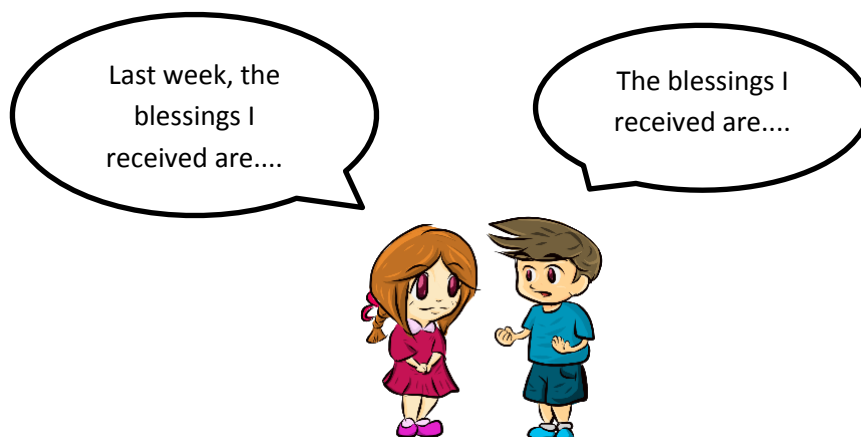
5) I am thankful for \_\_\_\_\_  
because \_\_\_\_\_

I am thankful to \_\_\_\_\_  
because \_\_\_\_\_

### Part III. Sharing Blessings

Share your blessings with the person seated next to you.

- Share items that you feel comfortable sharing
- Why are you thankful to these people?



### Part IV. Post-activity Reflection

1. What did you feel while doing this activity? Please circle your responses.

Feelings	Very slightly or not at all	A little	Moderately	Quite a bit	Very Much
1. Excited	1	2	3	4	5
2. Afraid	1	2	3	4	5
3. Inspired	1	2	3	4	5
4. Enthusiastic	1	2	3	4	5
5. Determined	1	2	3	4	5
6. Upset	1	2	3	4	5
7. Alert	1	2	3	4	5
8. Nervous	1	2	3	4	5
9. Distressed (Stressed out)	1	2	3	4	5
10. Scared	1	2	3	4	5

2. What do you think about yourself after doing this activity?  
Please circle your responses.

Statements	Very untrue of me	Untrue of me	Somewhat untrue of me	Neutral	Somewhat true of me	True of me	Very true of me
1. At this moment, I feel that I have so much in life to be thankful for.	1	2	3	4	5	6	7
2. If I had to list everything that I am thankful for right now, it would be a very long list.	1	2	3	4	5	6	7
3. When I look at the world right now, I do NOT see much to be thankful for.	1	2	3	4	5	6	7
4. At this moment, I am grateful to many people.	1	2	3	4	5	6	7
5. At this moment, I appreciate the people, events, and situations that have been part of my life.	1	2	3	4	5	6	7

### Questions for Part 1 – Sharing Everyday Blessings

**What made you smile today?**

**What has touched you today?**

**What made you feel special?**

**What made you happy?**

**What made you feel comfortable?**

**What made you feel good today?**

**What made things easy for you today?**

**What made things enjoyable for you today?**

**What inspired you today?**