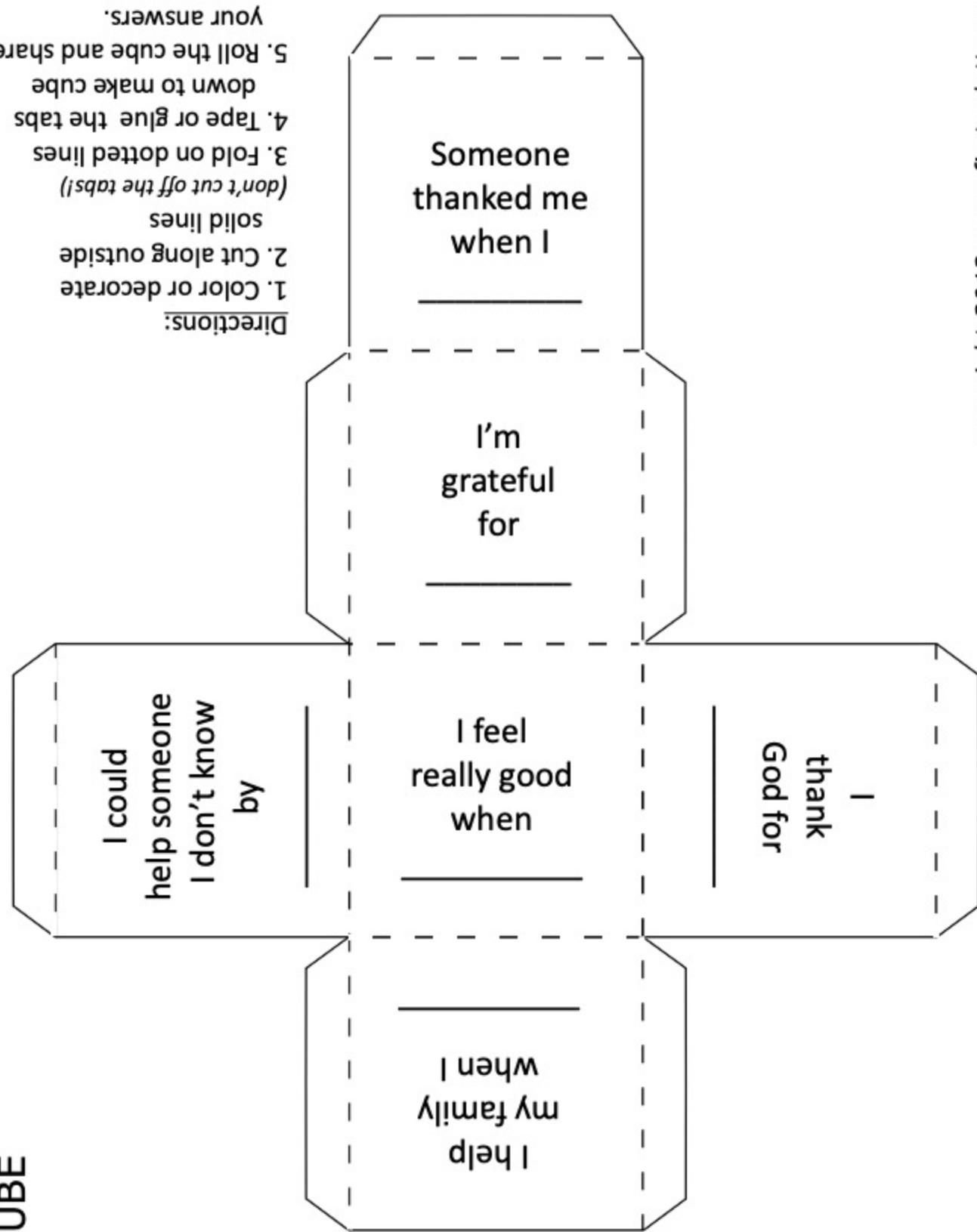
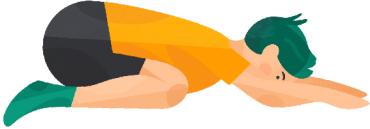


CUBE



Gratitude Yoga Exercises for Kids

I am grateful for:



My Breath

Child's Pose

Lower your hips to your heels and forehead to the floor while you stretch your arms overhead.



The Sun

Mountain Pose

Stand with your big toes touching and heels slightly apart, hands stretched at your sides.



Nature

Tree Pose

From mountain pose, bend one knee and lift your heel up to rest against the opposite leg.



My Goals

Cobra Pose

Lay with your belly on the floor and begin to straighten your arms to lift the chest off the floor.



My Strength

Warrior 1 Pose

Reach your fingertips to the sky as you bend your front knee and straighten your back leg.



The Sky

Resting Pose

Lie on your back with your legs straight and arms at your sides. Close your eyes and breathe deeply.

Ten Outcasts

Luke 17:11-19



People with leprosy were total outcasts in Jesus' day. There was no medical treatment, so they lived on their own, away from everyone else. Jesus crossed social boundaries to heal ten people with leprosy, but only one returned to say thank you. Jesus wondered why the others didn't return but praised the one for his gratitude.

Take a Look

Here are some of the people and things in today's story. What can your child tell you about them?



The **thankful leper** was a Samaritan man, which meant he was considered even more unclean than the rest.



Jesus healed the lepers as they went to show themselves to the priests. He blessed the Samaritan for recognizing what God had done.

About the Video

Ten lepers in need of healing saw Jesus. They went to him and asked to be made clean. When Jesus healed them, they continued to the temple to see the priests, but only the Samaritan returned to praise and give thanks to God. He received a special blessing from Jesus.

- Why do you think Jesus healed the lepers?
- Why do you think only one man returned to say thanks?
- When do you say thank you?

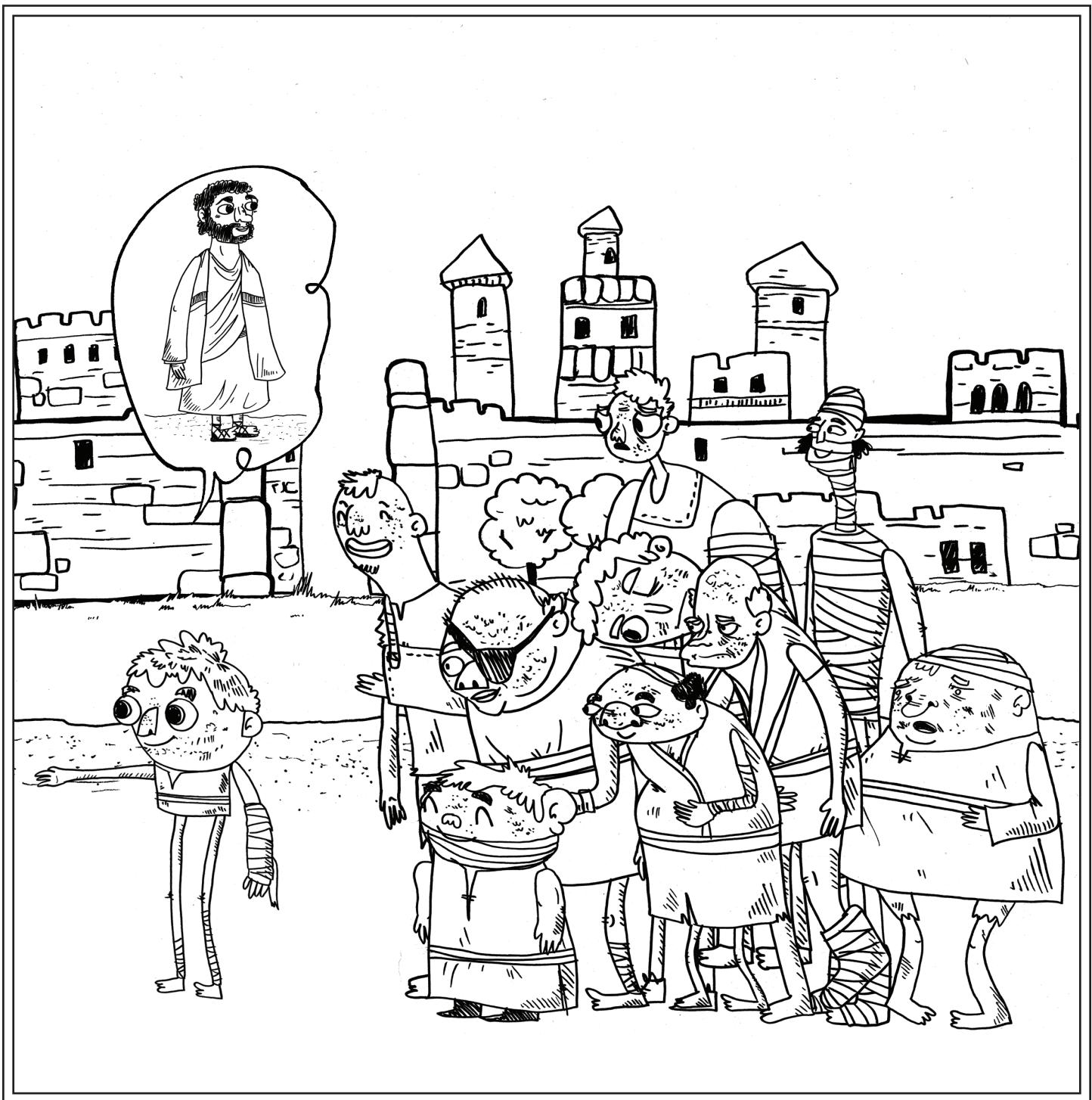
Try This!

Start a family gratitude journal. Each day, write down one thing you're thankful for. Offer prayers of thanksgiving to God for the things in your journal.

Prayer

Dear God, you have given us many gifts and talents. Help us wrap ourselves in gratitude by using them in ways that bring joy to others. Amen!

TEN OUTCASTS



The outcasts heard how Jesus would help people. Jesus healed all ten of them. Only one man said, "Thank you."

TEN OUTCASTS



Only one man remembered to thank Jesus for the miracle he performed. What things in your life can YOU thank Jesus for? Make a list here: