

## FFWPU UK: Read The October Children's Book Review

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Read the book that Ala Z. has chosen for this month on the topic of teaching gratitude to your little ones...

### 'My Gratitude Jar' Book Review:

#### 'In Every Thing Give Thanks' 1 Thess 5:18

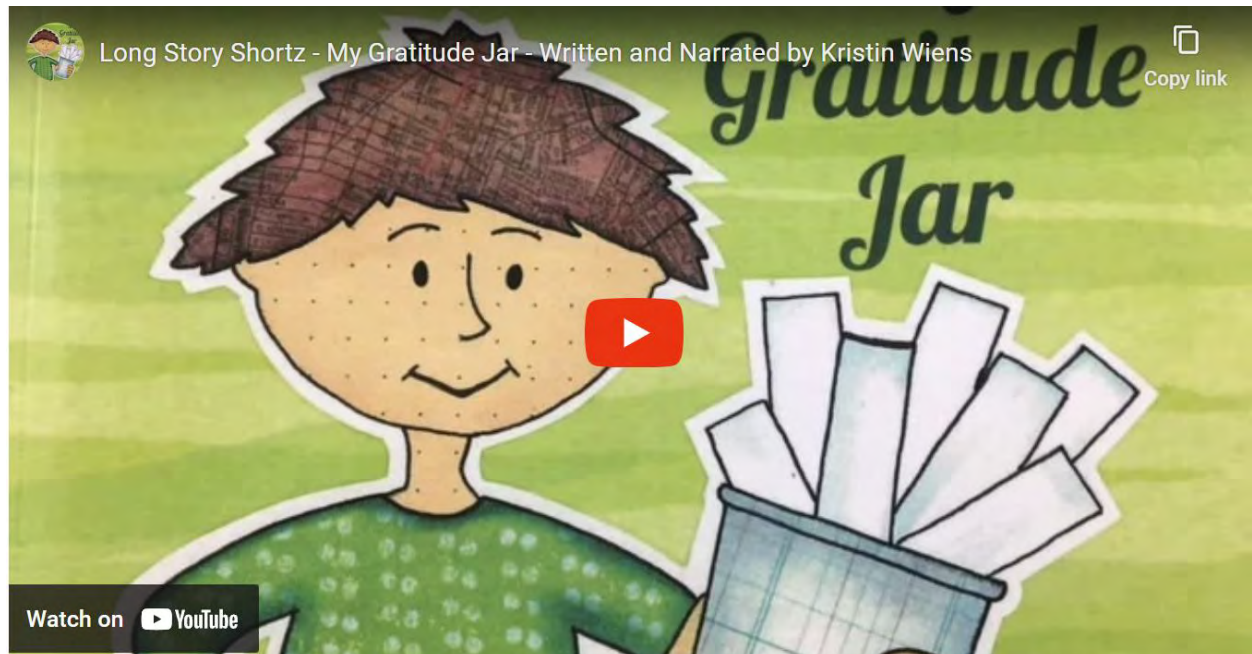
We are in the middle of the season of gratitude. This month we will celebrate the harvest and give thanks for the many blessings in our lives at the Harvest Festival in Lancaster Gate. As I was reflecting on gratitude, I looked for a book that teaches how to be mindful in practicing this important virtue every day. I found that *My Gratitude Jar* by Kristin Wiens fits this purpose beautifully.

The book shares the story of a young boy named Jacob, who learns the value of daily gratitude. His teacher gives each student a gratitude jar to decorate, encouraging them to write down things they are thankful for each day. On a particularly tough day, Jacob discovers the power of pausing, taking a few deep breaths, and appreciating his gratitude jar. The book introduces readers to the concept of mindfulness in a simple, child-friendly way.

Jacob learns to focus on the present moment, whether it's a good day when gratitude comes easily or a grumpy day when stopping to breathe brings perspective. Ms. Lane, his teacher, also reminds the students that: "There is no right or wrong way to be grateful." The book touches on concepts of self-regulation as well, showing how gratitude can help children balance emotions.

Why not make a family gratitude jar? I've heard of this idea before, but after reading this book, it feels like the perfect time to start one. It would be a wonderful way to focus on our blessings as we wrap up the year. I hope you enjoy this book as much as I did, and perhaps it will inspire you to create a new family tradition of your own.

While I couldn't find an online store to purchase this book, it is available on YouTube.



Age 5+

Also Don't Forget to join us for our Family Harvest Festival on Sunday, 27th October at Lancaster Gate from 11 AM to 2 PM. More information can be found here