


PARENT-CHILD LEARNING KEY STAGE 1

GET READY TO BLAST OFF

AS WE TAKE OUR POSITIVE SPEECH TO THE SKY



Teaching
about the
power of
gratitude

CLEAN SPEECH UK

Words of Gratitude



powered by **Smith's Futures** **WOLFELOAN**

ACTIVITY 1:

FUELLING ROCKET WITH GRATITUDE

Your rocket is getting ready to go into outer-space but it needs fuel!!! The only way to fuel it is by giving ten people in the room a "thank you". For each person you thank, colour in one of the fuel cells on your rocket.

Once you've filled up all ten fuel cells, jump in the air with your arms raised and shout

'Thanks-a-lot. Blast Off!'

MESSAGE FOR GROWN-UPS:

Gratitude is a fundamental value in Judaism, linked to the word "Jew," which comes from "Yehudah," meaning thanks. Teaching children to say thank you helps them recognise kindness, leading back to the ultimate source of all good, Hashem.

When children express thanks, they fuel not only their rockets, but also their souls, growing into more compassionate and mindful individuals. This awareness of kindness elevates both the giver and receiver, helping us all 'reach new heights' together.



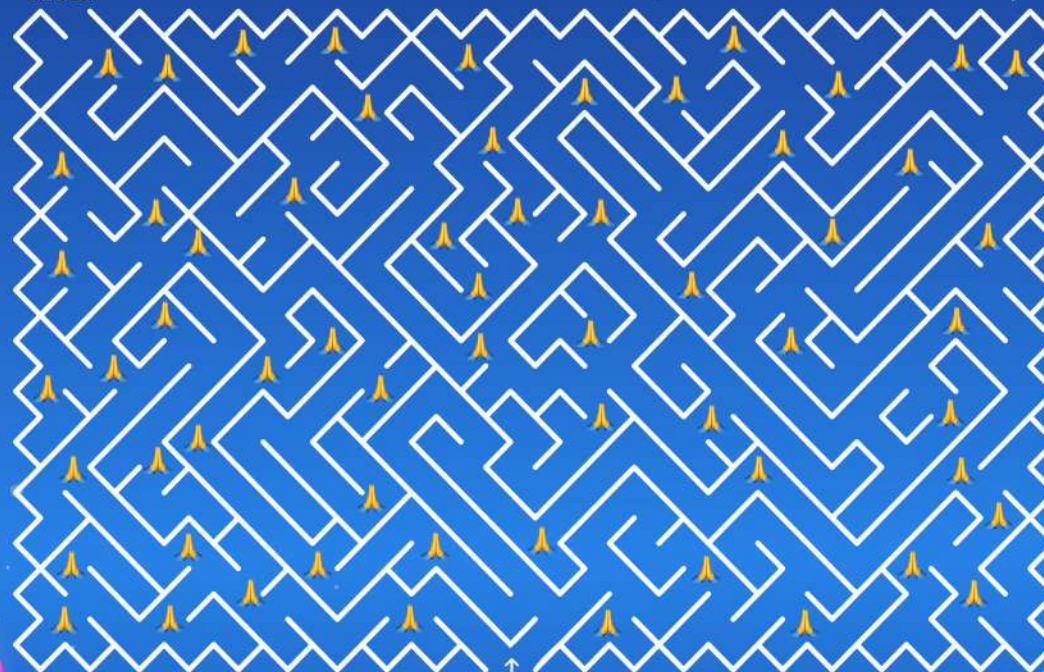
ACTIVITY 2:

HELP THE ASTRONAUT NAVIGATE THE MAZE OF GRATITUDE

Activity:

Collect as many thank you emojis (🙏) as you can. There is more than one path to the finish. Which path has the most thank you emojis? **You cannot backtrack or go into dead ends.**

FINISH



START

MESSAGE FOR GROWN-UPS:

The journey through this maze mirrors life: there are many paths, but the one filled with the most gratitude leads to the greatest growth. We might think taking from others gets us to our goal, but it doesn't make us greater. When we appreciate what we receive at each step, our gratitude becomes an act of giving, allowing us to grow. The journey then becomes as meaningful as the destination.



ACTIVITY 3:

GRATITUDE GALAXY RACE

Welcome to the Gratitude Galaxy Race! Travel through space by sharing all the things you are thankful for. Who will reach Planet Zob first?"

Activity:

Both players begin at the START square.

The colour of the space tells you whom to think about:

FRIENDS

FAMILY

TEACHERS

HASHEM

You have 10 seconds to list as many things as you can that you are grateful for, related to the group matching the colour.

For each thing you list, move forward one space. The more things you list, the farther you go! The first player to reach Planet Zob wins the race!



DISCUSSION: Talk about what made it easy or hard to think of things to be grateful for.

ACTIVITY 4: BOB THE DIFFERENCE

Activity:

On Planet Zob, you meet Bob the Blob! Bob is a friendly alien, but very different from humans! Bob has no arms, legs, or hair... just one eye and a blob shape. Look at the picture of the astronaut and Bob. Circle all the things that humans have but Bob does not have.



DISCUSSION:

Ask your child what they circled and why they think those things are special. Talk about how different things, big or small, make life better and why we thank Hashem for them.

ACTIVITY 5: DOT-TO-DOT THANKFUL STARS

Activity:

Look at the stars on this page. Each star has a letter from A to Z. Start with the star labelled "A" and connect the stars in order by drawing lines between them. As you draw each line, say something you're thankful for that starts with the letter on that star. When all the stars are connected, you'll discover a hidden message in the sky!



ACTIVITY 6: COLOUR THE FEELINGS

These aliens change colour depending on how they feel.

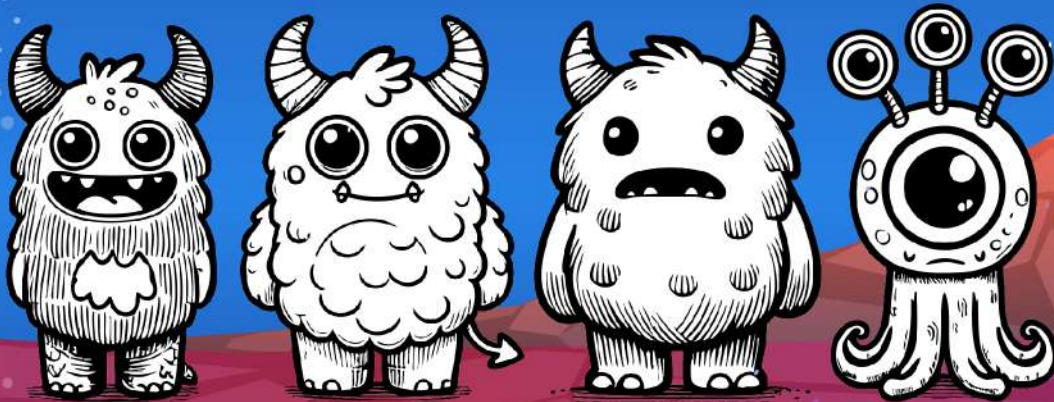
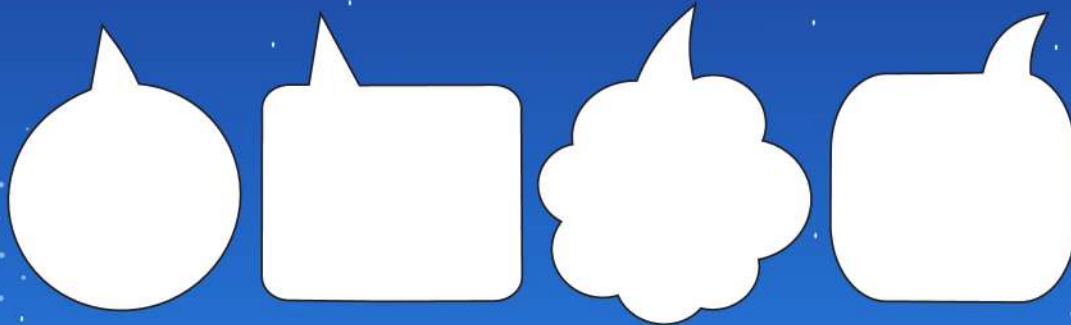
Activity:

Look at the four aliens. Two are being appreciated and hearing kind messages, while the other two are hearing unkind messages.

Fill in the speech bubbles with what you think is being said to each alien.

Now, colour in each alien to show how they might feel after hearing these messages.

Choose colours that you think match their feelings!



MESSAGE FOR GROWN-UPS:

The book of Proverbs (Mishlei 18:21) teaches that "Life and death are in the power of the tongue." Our words can build up or break down. Our words have impact!

Encourage your child to think about how their words affect others and to choose kind words, just as we are taught to "love your neighbour as yourself" (Vayikra 19:18).

ACTIVITY 7: HIDDEN TOKENS OF THANKS!

Activity:

1. Cut Out the "Thank You" Tokens
2. Sign the Back With Your Name - So they know the thanks are coming from you.
3. Hide Them - Place each token in a surprising spot around the house, like under a pillow, in a shoe, or near a favourite snack.
4. Enjoy the Reaction! Spread the joy! Watch as your family members find these surprise tokens throughout the day, spreading unexpected joy and gratitude.



(ACTIVITY 7)

FROM: _____	FROM: _____	FROM: _____
FROM: _____	FROM: _____	FROM: _____
FROM: _____	FROM: _____	FROM: _____
FROM: _____	FROM: _____	FROM: _____
FROM: _____	FROM: _____	FROM: _____

ACTIVITY 8:

CREATE A STELLAR THANK-YOU CARD

Activity:

Design a thank-you card for someone special, like a family member or a teacher. Spread joy across the galaxy! Let your imagination fly through space as you show how grateful you are.

 Take a photo and send

TO: _____

FROM: _____

MESSAGE FOR GROWN-UPS:

In Hebrew, Todah (thanks) shares the same root as Vidui (confession/expression), teaching us that true gratitude needs to be expressed, whether in words, deeds, or actions. Encourage your child to reflect on who they are grateful for and use this drawing activity as a way to actively express that appreciation.

CONGRATULATIONS!
YOU HAVE
SUCCESSFULLY
ACHIEVED
CLEAN-SPEECH
LIFTOFF!

Reflect on our Torah gratitude lessons from the space voyage.
Tick the two that you feel share the main message of gratitude:

- Gratitude helps us grow and feel closer to being Jewish.
- Gratitude is about being a giver, not a taker.
- Our words can make a big difference—to others and to us.
- Gratitude isn't just a feeling; it's something we need to say out loud.

MISSION BADGE



NAME OF GRADUATING CADET:

PASSED WITH HONOURS

Well done on completing your mission!

Signed: _____

*(Parents, share a note
recognising something
great your child did
during this adventure!)*

**Thank YOU for being a part of this cosmic
programme today!**

**For more resources including the Ten Day
Gratitude book, visit www.cleanspeech.co.uk**

GIFT
Give It Forward Today

Seed
Give It Forward Today