Giving & Receiving Journal

What You Need

+ A pencil or crayon
+ This worksheet

What to Do

1. On your worksheet, you'll see two boxes:

> Ways I Gave
> Ways I Received

2. Above each box, choose whether you want to look back (circle "Look Back") or look forward (circle "Look Forward").

> **Look Back:** Write or draw something you already did (how you gave, or how you received).
> **Look Forward:** Write or draw something you can do this week (a way to give, or a way you might need help).

3. After filling in your boxes, share them with a parent or grown-up. Talk about how it felt to give, and how it felt to receive.

4. End by praying together, thanking God for both sides, giving with joy and receiving with thankfulness.

Circle One

Look Back / Look Forward

Ways I Gave

Circle One

Look Back / Look Forward

Ways I Received