

Circle of Thanks

Materials for Activity

- Clear plastic glasses and a pitcher of clear, cool water
- Rainstorm symbols (from Gratitude and Generosity Rainstorm Symbols activity)
- Optional: Quiet, instrumental music

Preparation for Activity

- Fill pitcher(s) with enough clear, cool water to fill all the individual glasses.
- Have on hand the gratitude and generosity rainstorm symbols participants created last week.

Description of Activity

Gather family members in a circle. Ask the group to conduct this activity in a serious, quiet, way. If you have music, begin playing it now.

Quietly distribute empty glasses. Then join the circle, bringing the pitcher of water with you. Pour water into the glass of the participant nearest you. Ask the participant not to drink yet, but to pour water into the glass of the next participant, then pass them the pitcher. Let this process continue until the last person in the circle pours water into your glass.

Now go around the circle again. This time, invite each person to read or describe what they have written or drawn—first what they are grateful for, and then the generosity they offer or want to offer. After each symbol is read, invite everybody to take a sip of water and say "thank you" aloud.

When all have shared who choose to, begin humming "From You I Receive" quietly, inviting participants to join with you. After humming it through two or three times, sing the words two or three times.

Allow a moment of silence after the song ends.

End by saying:

We hope the gratitude and generosity expressed in word and deed, will be passed from one person to another.