


PARENT-CHILD LEARNING KEY STAGE 2

# 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*



a project of **GIFT** and **Seed**

powered by  

# ACTIVITY 1:

## SPACE MISSION: IDENTIFYING ESSENTIALS AND COUNTING OUR BLESSINGS

Before we take off we need to check we have everything needed for our journey. Thankfully our ground crew have prepared everything we need to survive in outer-space.



The word "Jew" comes from the Hebrew word "Yehud" meaning "THANK YOU". We start our day as "Jews" thanking Hashem for our life, our clothes and working bodies. These things are generally taken for granted.

### DISCUSS THE FOLLOWING:

Imagine if one of the aliens approached you and wanted to buy one of the following gifts. How much would you charge them for each item?

- One of your eyes \_\_\_\_\_
- Both of your ears \_\_\_\_\_
- Your nose \_\_\_\_\_ A leg \_\_\_\_\_
- Your fingers \_\_\_\_\_ An arm \_\_\_\_\_

Each of us are walking millionaires - we should recognise that, be happy and thankful!!

### Activity:

Every morning we thank Hashem for providing us our basics to get through our day.

Place the relevant space item number with the correct morning 'thank you' bracha.

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיּוֹת  
בֵּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ:

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בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...  
You are the source of all blessings Hashem, King of the world...

...Who gave the rooster (aka alarm clock) the ability to know the difference between day and night.

...אֲשֶׁר נָתַן לְשִׁכּוּי בֵּינָה  
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה

...Who gives sight to the blind

...פּוֹקֵחַ עֵוְרִים

...Who dresses the naked

...מְלַבֵּשׁ עֲרֻמִּים

...Who releases those tied up and...straightens the bent

...מַתִּיר אֲסוּרִים ...זוֹקֵף כְּפוּפִים

...Who spreads the earth above the waters (i.e. allowing me to move about)

...רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם

...Who provided me with all my needs (i.e. gives me shoes)

...שֶׁעָשָׂה לִי כָּל-צָרָכִי

...Who prepares the steps of man (i.e. allowing me to walk)

...הַמַּכִּין מַצְעָדֵי גִבּוֹר

...Who wraps around Israel with strength (i.e. who created belts and elastic)

...אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה

...Who crowns Israel with glory (i.e. gives us a head covering)

...עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה

...Who gives strength to the weak

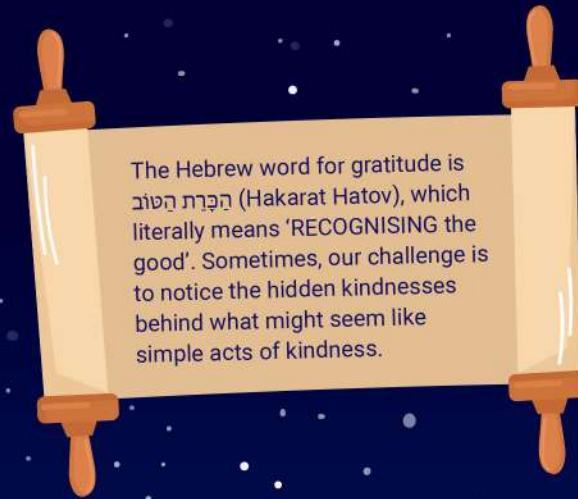
...הַנוֹתֵן לַיַּעַף כֹּחַ



## ACTIVITY 2: FROM DOT TO KINDNESS

A distant planet looks like a tiny dot, but up close, it's full of details. The same is true for acts of kindness. They may seem small at first, but when you look closer, you see all the thought and effort behind them.

Think about what your parent or guardian does for you, like making dinner or driving you somewhere. These simple acts are full of care and detail when you take a closer look.



**DISCUSSION:**

Have you ever put a LOT of effort into helping someone and only received a small 'thanks' in return?

How did it make you feel? Why do you think the thanks was so small?

Could it be the other person did not realise how much effort you put into that kindness?




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**INSTRUCTIONS:**  
Look at the acts of kindness written in the sky. On the telescopes, write the details that make each act special




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WOW! Now we can REALLY give a proper thank you!

Instead of saying a quick 'thank you', express your gratitude by recognising each of these details in your thanks.





# ACTIVITY 3:

## SPACE INVADERS: SHOOTING DOWN INGRATITUDE WITH THANKS!

Oh no! We're being attacked by ingrate aliens! The only way to fight them off is to zap them with kindness.

PLAYER 1 (CHILD) ROUND 1

PLAYER 1 (CHILD) ROUND 2

PLAYER 2 (ADULT) ROUND 1

PLAYER 2 (ADULT) ROUND 2



Well Done  
Great Job!  
Thank you  
Thanks a lot!

The opposite of הַכַּרַת הַטוֹב (Hakarat Hatov) is כַּפּוּי טוֹבָה (Kafui Tovah), which means denying the good. The best way to counteract this denial is by doing the opposite: actively הַכַּרַת הַטוֹב (recognising the good) around us.

### HOW TO PLAY:

**ROUND 1 - PLAYER 1 (Child):** Grab a stopwatch. You have 60 seconds to think of as many things as possible to be thankful for. For each "thanks", player 2 crosses off an alien.

**PLAYER 2 (Adult):** Now it's PLAYER 2's turn. Follow the same rules for their round.

**ROUND 2 -** Both players get a second chance to zap more aliens in Round 2. Whoever zaps the most aliens in total is the winner!



## ACTIVITY 4: DON'T FORGET TO WRITE!

Being so far away from Planet Earth can help remind us what we miss about those we have left behind. Don't worry, let's write them an intergalactic letter showing them our appreciation.

### Activity:

Write three different notes of thanks.

- **One to a teacher** who has made a difference in your life.
- **One to a friend** who makes your days better and always has your back.
- **One to someone you don't know too well**, perhaps someone in another class or year.

In each letter, express what you admire about them and why you're grateful for their presence in your life. Once you're done, cut out the letters and deliver them during this session! (Another time, cut out the remaining cards and give them out too.)



YOU'RE A STAR  
IN MY UNIVERSE



YOU'RE THE BOOST  
THAT I NEED TO REACH  
FOR THE STARS!



YOU ARE  
A STAR!



YOU'RE OUT OF  
THIS WORLD  
AMAZING!



THANKS FOR  
ALWAYS BEING  
IN MY ORBIT!



YOU'RE A  
STELLAR FRIEND,  
THANK YOU!



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## ACTIVITY 5: SPACE CROSSWORD



### ACROSS:

3. Feeling thankful for something or someone (9 letters)
4. The opposite of focusing on "ME" (2 letters)
6. Words we say when someone does something kind (5, 3 letters)
7. Hebrew words that mean "recognising the good someone has done for you" (7, 5 letters)
9. The first 'thank you' prayer we say in the morning to say "thank you" to Hashem (5, 3 letters).

### DOWN:

1. A common Jewish phrase meaning "Thank God," often said when someone asks, "How are you?" (6, 6 letters)
2. An English word for an Israelite, from the Hebrew word "Yehudah," which means "thank you" (3 letters)
5. We try to say 100 of these mini 'thank you's' throughout the day to thank Hashem (7 letters)
8. The Hebrew word for "thank you" (5 letters)



## ACTIVITY 6:

### CONNECTING THE STARS IN OUR LIVES

Success!!! You've reached one of the most distant planets of the galaxy.  
But you didn't get here alone – many stars helped you along the way.  
Let's find and connect those stars!

#### Activity:

Think about the people who have helped you succeed. Write their names inside the stars surrounding the planet. Once you've named a star, draw a line connecting it to you. Now ask yourself, who must be THEIR stars who helped THEM? Write the names of those people in the smaller outer stars and then connect them to the bigger stars. Continue building and connecting stars, showing how everyone is linked in helping you reach success.



#### DISCUSS THE FOLLOWING:

Keep on going further and further back. How far can you go? Look at all the stars you've connected.

How do you feel knowing that so many people are part of your success?



While many character traits are important, gratitude is extra special because it leads us to trace every act of kindness back to its origin. Following this path of recognition, we eventually reach the ultimate source of all goodness – Hashem. This is why Hakarat Hatov (gratitude) is such a fundamental trait and why we are called Yehudim (Jews), which signifies gratitude.



# ACTIVITY 7:

## 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!



When someone expresses thanks, it's like they are repaying a debt with gratitude. Denying their thanks, even with good intentions, prevents them from settling that debt, leaving them with a sense of obligation. Accepting thanks is actually an act of kindness, allowing the other person to feel complete and at peace.

**ACTIVITY:** The aliens are waiting for your reply! The thing is, we don't know what language they speak. Write a "you're welcome" reply in as many different languages as you know. (Maybe they even communicate using symbols and images!)

You're welcome

תודה רבה

### DISCUSS THE FOLLOWING:

Imagine you made a special picture for your teacher. You give it to them, and they say, "I don't need it." Draw an emoji of how you would feel and explain why you chose that emoji.





**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:

- The morning brachot reminds us not to take things for granted.
- Hakarat Hatov means recognising simple acts of goodness.
- Gratitude is a mind-set, not just a reaction.
- Gratitude means tracing kindness back to its Source.
- Accepting others' thanks lets them fulfil their obligation.

# MISSION BADGE



**NAME OF GRADUATING CADET:**

**PASSED WITH HONOURS**  
*Well done on completing your mission!*

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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](http://www.cleanspeech.co.uk)**

**GIFT**  
Give It Forward Today

**Seed**  
The Seeds of Kindness