

GIVING THANKS

Activity Park.



#MyGivingThanks





What is *Giving Thanks*?

Giving Thanks is Mayflower 400 Southampton's campaign to create digital memories that bring the people of Southampton together in a shared celebration of our city. In the current climate of longer nights, not being able to socialise indoors, missing friends and family, let's focus on the positives and give thanks for what we do have, however small.

This is a lovely opportunity for you, for families, community groups, care homes or school children to be creative, either in the classroom, on a zoom or at home. Why not explore what you are thankful for and how you can show thanks? You can watch our short introductory video [here](#).

THANKS

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About Mayflower 400 Southampton

Giving Thanks is part of Southampton's Mayflower 400 programme. The sailing of the Mayflower on its now famous journey to the New World started at Southampton's West Quay, on 15 August 1620.

Around 40 of the ship's 102 passengers were the Puritan Separatists who, through time, have become known as America's Pilgrim Fathers. They settled in what had been the Native American village of Patuxet. The village had been abandoned by the Wampanoag people who lived there after the death of the majority of its inhabitants in a 'great plague' (1616 –1619), brought by English and European invaders.

In November 1621 these two groups, the settlers and the Indigenous people, came together for a great three-day feast which we now know as the first Thanksgiving. Thanksgiving is a national holiday in the US, but it does not sit comfortably with the First Nations. However, they do have a culture of giving thanks and have their own giving thanks celebrations throughout the year.

You can watch a film made by the Wampanoag people about Thanksgiving [here](#)

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WHAT IS IN THE PACK?

This pack has been designed to assist you with exploring the idea of giving thanks, and how to share your ideas to be part of a bigger online artwork, whether you are individual, school or community group. Anyone can get involved.

We hope you find the pack useful. The ideas in the pack are just to get you started. We are looking forward to seeing all your giving thanks creations.

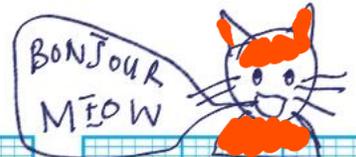
- Linking *Giving Thanks* to different subject areas
- Quick fire thinking
- Activities
- How to share your creations

#MyGivingThanks

"Gratitude isn't just a feeling, its a action expressing gratitude by writing a journal taking a photo or shooting a video creates a lasting impression that can bring more gratitude into the world of children + adults"



Say thank you to nature. Research on ecosystems. Pollution.



Philosophy and R.E

- How different religions give thanks - through prayer, creating shrines

Young People Can research the word and its meaning in other languages

MFL

Modern Foreign Languages

- Language diversity brings people together
- A pathway to understand different cultures.

GIVING THANKS

subject related themes and ideas

SCIENCE

SAY THANK YOU TO Scientists who have made a difference. Invented life. Saving medicines.

English

- Research examples of giving thanks in Literature
- Create giving thanks poems.



Maths

create graphs and charts on what people are thankful for in your class.

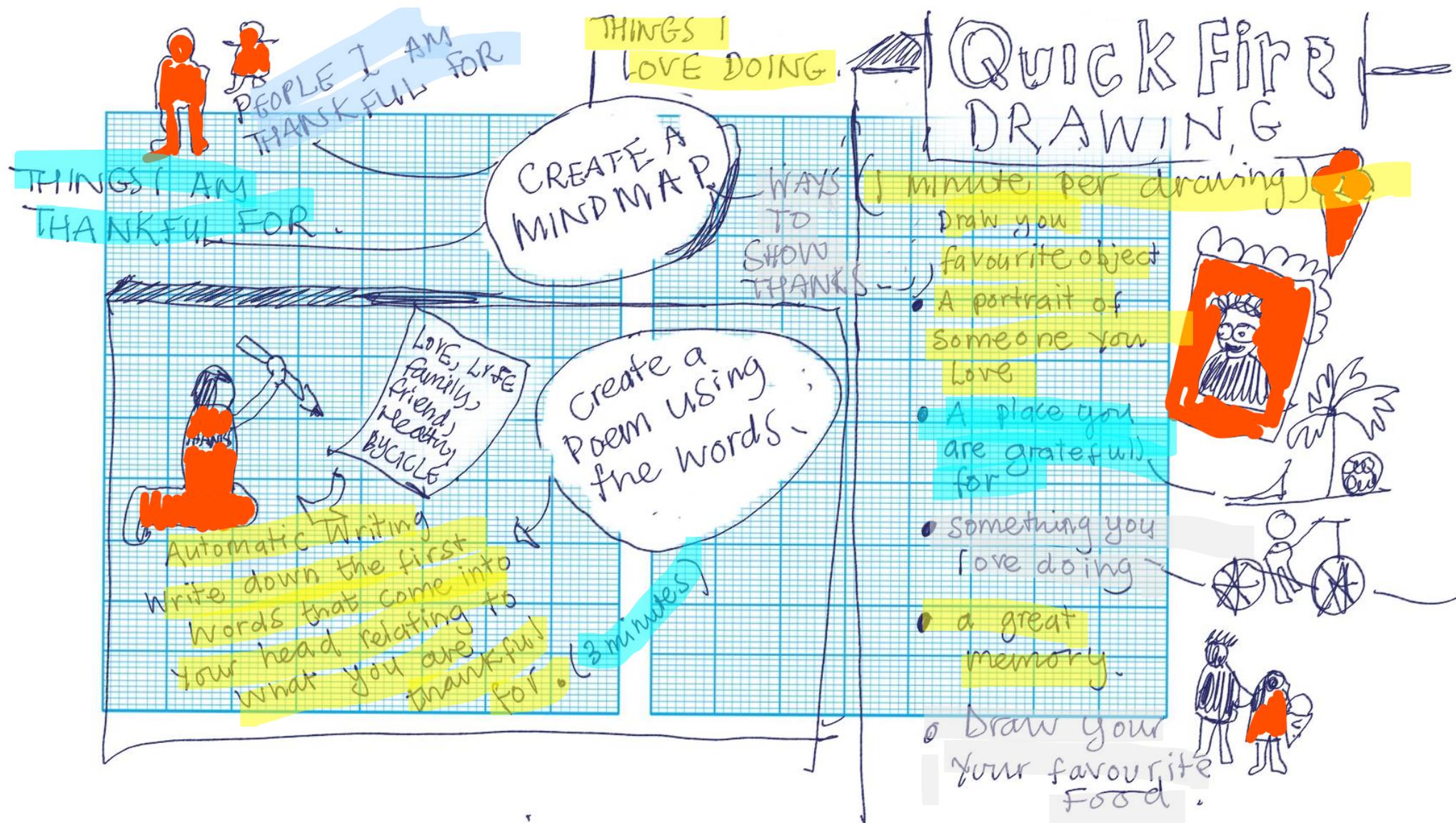
+ HISTORY

SAY THANK YOU TO SOMEONE IN HISTORY WHO HAS CHANGED THE WORLD FOR THE BETTER.

Here are some techniques which will help you get started. Try not to worry about the end results. The activities are designed to get you thinking about what you are thankful for, and to try some new ways of working.

Get members of your group to invent their own activities.

Experiment and have fun!



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GIVING

THANKS

Find an old jar and create a *Giving Thanks Jar*. You can do this on your own, as a family, a community, or with your class at school.

At the end of each day write something on a piece of paper that you are thankful for, put it in the jar, then at the end of the week, take it in turns to read out the different notes to all the participants.

It's a really good way to start the weekend and share our gratitude with each other.

[#MyGivingThanks](#)



SHARE IDEA : Video or audio record participants reading out the thank you notes

CHEERS for making me LAUGH

THANKS FOR BEING KIND

THANK YOU SUNSHINE

THANK YOU JAR



Research a person you would like to thank for changing the world for the better. Make a slide presentation, film, animation or collage explaining why you are thanking them.

SHARE IDEA : Send us what you have created.

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I AM THANKFUL FOR POEM.

Using the word thankful, think of something that begins with each letter of the word to complete a poem.

This a fun way to create a poem, a poem doesn't have to rhyme. Depending on experience, single words or sentences can be used.

SHARE IDEA: Take a photo or video of yourself reading the poem. Create an animation of the poem.

I am

T
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L

[Blank lines for writing]



Write a letter and post it to someone who has inspired you in your life.. This could be for example, a teacher or a friend.

SHARE IDEA: Take a photo or video of yourself or the recipient, writing or reading your letter.

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GRATITUDE

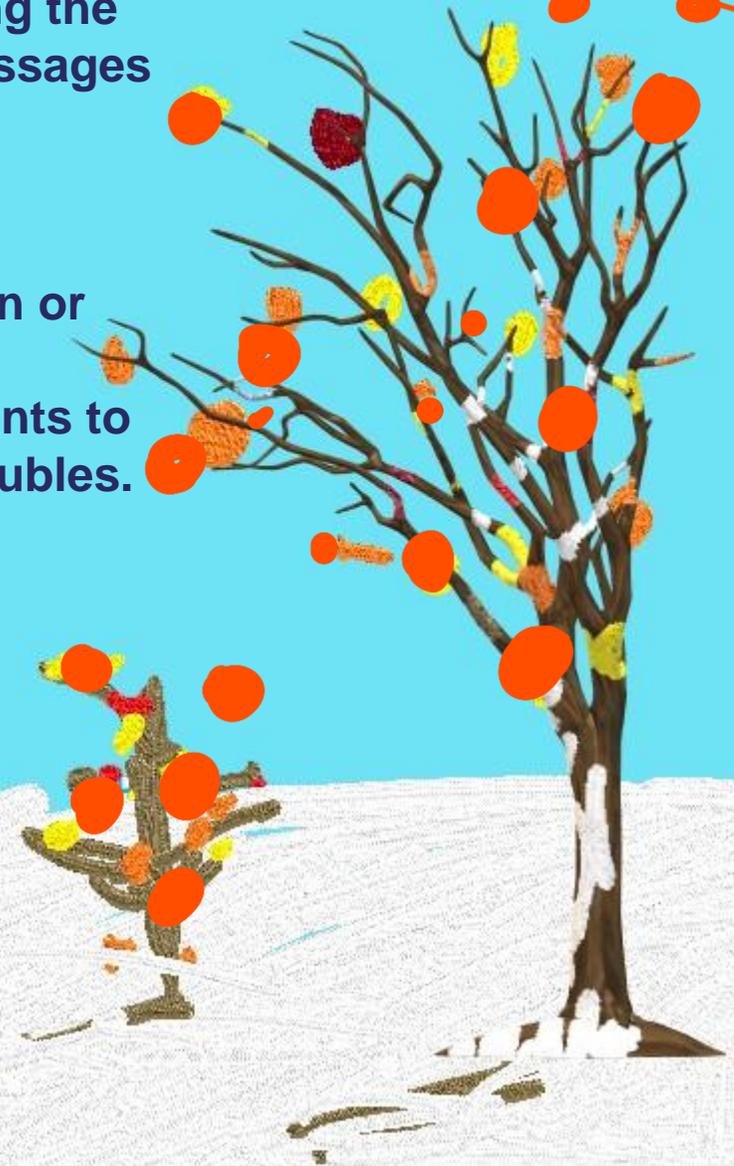
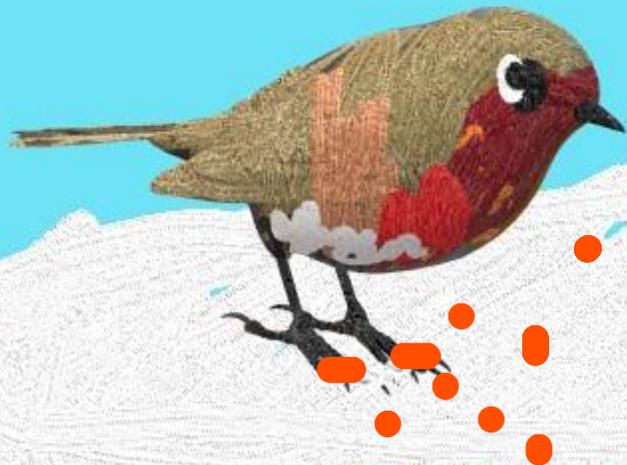


TREE



SHARE IDEA: Film or photograph participants decorating the tree. Read out the messages of gratitude.

- Create a Gratitude Tree, this could be a Christmas tree, a tree in a garden or playground, or even a pot plant.
- Cut a bauble shape out of card or customise a real bauble. Get participants to write a message of thanks on the bauble. They can also decorate the baubles.
- Use a hole punch and thread through a piece of string or ribbon
- Hang the baubles on the tree.
- Get participants to reflect on the different thank you messages.



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Take a walk, collecting such items as leaves, stems, pebbles and twigs.

In the playground, on the beach, in the park, garden, back home or in the classroom write thank you by collaging together all the different natural items.

If you are working in a group, participants could do a letter or a word each and create a collaborative thank you message.

SHARE IDEA: Take photos or videos of your walk. Time-lapse the picture being made.

SHARE IT WITH US...WE'D LOVE TO HEAR FROM YOU

Share your ideas and new techniques with us.
Always get permission from adults before
sharing anything on social media.

Take photos, videos, gifs of your finished creations or
of you creating your work.

Use the hashtag #MyGivingThanks
and share them with us on:

Twitter: [Mayflower400SC](#)

Facebook: [Southampton Mayflower 400](#)

LinkedIn: [Mayflower400SC](#)

Email: Mayflower400@Southampton.gov.uk



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