



ACTIVITY

BE HUMBLE VIDEO

INSTRUCTION SHEET

We would love you to share a video of yourself telling us what you are thankful for! It could be anything, we just want you to tell us what you are thankful to have and why.

It is important to remember that sometimes you may not feel so good but there is always something to be thankful for. This could be your mum or dad, your sister or brother. It could be going to school, seeing friends or the meal you just ate.

We are all very lucky to have people around us, to have full tummies and a roof over our heads. However, we don't always remember to say thank you and be grateful for what we have. The Foodbank SA ambassadors will share with you what they are thankful for, to give you some inspiration. Visit our webpage under "Activities & Resources" for more information www.foodbank.org.au/SA/superhero.

TIPS TO REMAIN HUMBLE



1. WRITE YOUR NOTES IN A DIARY



2. DRAW YOUR FEELINGS



3. SAY 'THANK YOU'



4. LEARN TO STOP AND THINK



5. UNDERSTAND WHAT OTHERS DO FOR YOU



6. LOOK AT THE BIGGER PICTURE



“REMEMBER THERE IS ALWAYS SOMETHING TO BE THANKFUL FOR!”

MY NOTES - WHAT AM I THANKFUL FOR...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.