

# EACH AND EVERY DAY

By Mark and Helen Johnson

## CHALLENGE

It's the little things that can be SO important! **Today's challenge is to find as many little things as you can to fill a small matchbox.**

Have a hunt around the house, around the garden, or even on a walk. Find the very smallest things you can so you can fit more in. **Here are a few ideas to get you started:** paperclip; feather; coffee granule; pencil sharpening; lentil; grain of rice; biscuit crumb; short piece of thread or string. Look in **different rooms** for a variety of inspiration.

If there are several of you and you have a matchbox each, **who can fit the most things into their box?** If you are sharing, what number of objects can you get to? 20? 30? More?

“LITTLE BY LITTLE, A LITTLE BECOMES A LOT.”  
(Tanzanian proverb)

## TALK ABOUT

**What are some of your daily habits –** individually and as a family? Gratitude can easily become a great daily habit and it doesn't have to be difficult! **As the day goes by, start noticing and 'collecting' all the little things you can be grateful for.** Nothing is too small or insignificant!

## SHARE IT

One great way of nurturing daily appreciation, of even the small things, is to **keep a gratitude jar.** Every day this week, use small pieces of paper to write down (or draw) two or three things each that you really appreciate during the day. Fold your paper and pop it in the jar. At the end of the day, or even at the end of the week, sit down together and remind yourself of all the week's blessings. 😊

## DID YOU KNOW?

To make a new habit sustainable, you need to **START SMALL!**

Song taken from  
*Sing Celebration*  
By various writers

