

## Grace Writing Helpful Hints

**Writing a grace, Words of Thanks, is much like telling your meal companions a story of:**

- How you feel about their company (friends, family, etc.),
- Concerning the meal (breakfast, lunch, dinner) you are about to eat,
- The origin (the environment—sun, rain, soil) of the food,
- The magic (that resulted in seeds growing to form plants, animals) of the food,
- Who prepared the meal.



### **Make a List of Words**

That evoke feelings of gratitude

or

That describe feelings of appreciation

or

That describe feelings of awe

or

That list the purpose of the meal you're about to enjoy. Is it a holiday, an everyday meal, special occasion, happy time, sad time...



**Use words from your list to tell your companions about the meal.**

### **Your Words**

Can be in rhyme.

Can be repeated.

Can tell a story.

Can be funny.

Can say anything you want to say.



Word List:

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Your Words of Thanks:

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