



# PARENT GUIDE

## Buddy Acres: Gratitude Story Pack 1



### Hi Parents!

This quick quide will help you understand what your child will be experiencing in the Buddy Acres Gratitude Story Pack #1 for Buddy Quest. It includes a brief overview of what your child is learning, as well as all the instructions and notes for their Real Hero Quests.

We want to make YOUR experience with Buddy Quest fun and easy, too. You will:

- 1. Receive notifications when your child has been given a “Real Hero Quest” in the game. They’ll be assigned one simple task in their real lives that reinforces the virtue they’re learning.**
- 2. Be prompted to have a simple chat with your child about the task. It’s a great chance for you to affirm the good things your child is doing.**
- 3. Tap your approval that the Real Hero Quest is done. This will let your child proceed in the game.**

That’s it! The more your child plays and experiences Buddy Quest, the more they’ll understand how virtues will make them a new kind of superhero.

After completing all the episodes in this Story Pack, your child will earn a Gratitude badge. Each badge is a symbol of your child’s progress in mastering each virtue.

You are an awesome parent! Thanks for making Buddy Quest a part of your family’s life.

### Episode 1 Real Hero Quest

Your child is learning about gratitude. This next Real Hero Quest is to thank their mom or dad for FIVE different things. The current story in Buddy Quest is showing them that real life heroes are very thankful for the good things in their lives.

After your child completes their Quest, ask them: thank them for five different things. Maybe you’re grateful for their good attitude about school. Or perhaps you can thank them for helping put away their dirty socks without being asked. THEN, in one or two sentences, tell them why you think it’s good to be thankful.

After your chat, tap the “Quest Complete” button.

You can reinforce what they’re learning when you affirm them for being thankful — even for the little things.

### Grow Deeper

Today your child expressed gratitude. It might have been hard for them to think of five things to be thankful for. But, as you know, there are countless things to be grateful for when we really think about it.

Sometimes it’s hard for us adults to be grateful, too. Some days can be very long and frustrating, and it’s easy to look past the many things in our lives that we often take for granted. Before you go to sleep tonight, take five minutes (time yourself, if that helps) to thank God for as many things as you can think of — especially the stuff you have been worrying about.

If you like, you can also spend a couple of minutes thinking about this verse from the Bible: “But whatever I am now, it is all because God poured out his special favor on me—and not without results.” 1 Corinthians 15:10



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## Episode 3 Real Hero Quest

Your child is digging deeper into the concept of gratitude, and exploring different ways of expressing our thankfulness. Their new Real Hero Quest is to find one thing around the house that they really love. Then they're going to try to express their gratitude to you for that thing — without using the words "thank you."

After your child completes their Quest, tell your child about a time when you could tell someone was grateful for something, even though they didn't specifically say "thank you" for it. Then tell them why you think it's important to remember to try to say the words "thank you" to other people.

After your chat, tap the "Quest Complete" button.

### Grow Deeper

Do you ever get mad when you do something really nice for someone and they never thank you for it? You go out of your way, bend over backwards, maybe even donated a vital organ or two, and never hear a peep of thanks.

There's a bit of a paradox here. Gratitude is perhaps one of the most important virtues we can practice in our lives and teach our children. Yet we also need to adopt an attitude of helping others with no expectation of anything in return ... including their gratitude.

Like most things in life, nothing's ever as simple or clean as we'd like it to be. We can choose to wrestle with the unfairness of it all, or we can embrace the discomfort and choose to love others, no matter what.

Think about taking to heart what Luke 6:35 says: "Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked."

## Episode 5 Real Hero Quest

Your child is exploring why thankfulness needs to be a major part of their life. In the latest episode, your child is learning how counting your blessings is a great way to remain in a state of gratitude. Their new Real Hero Quest is to get together with you and do just that — count your blessings together. You'll take turns each naming five blessings in your life.

After your child completes their Quest, ask them:

**"Why do you think it's a good idea to take time every day to remember the good things in your life?"**

If you want, tell a brief story about how, even during a dark time in your life, you always had something to be thankful for.

After your chat, tap the "Quest Complete" button.

### Grow Deeper

When was the last time you cheerfully thanked God when your car broke down? Do you thank your spouse for being grouchy? Have you ever been grateful for the cancer that's killing a loved one?

It's a fact of life that we are NOT thankful for bad things. That would be twisted and not a little bit psycho. Yet the Bible encourages us to always be thankful. (For examples, see 1 Thessalonians 5:18, Colossians 3:17, and Ephesians 5:20.)

The difference is always trying to be in a state of gratitude, not necessarily being thankful for every single thing that happens in our lives. We don't have to be thankful that our car died, but finding things to be thankful for during that experience can really help us through it.

Find moments in your everyday life to share with your kids how you can be thankful even in the midst of difficult circumstances. Our gratitude can be a light that guides us through the darkest of times.



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## Episode 7 Real Hero Quest

Your child is continuing to master gratitude in their life, and is now discovering how being grateful can make us happy. Their challenge today is to cut or draw five paper hearts. On each heart, they'll write one thing they're thankful for, then place those hearts around your house for you to find.

When you find your child's gratitude hearts, ask:

**"Why do you think thankfulness makes us happier?"** Then tell about a time when being thankful brightened your day.

After your chat, tap the "Quest Complete" button.

Not only are you helping your child be a grateful child, you're also helping them be a happy child!

### Grow Deeper

"I just want my kids to be happy."

You've probably heard parents say that popular phrase. You might have even said it yourself. Of course, we all want our kids to be happy (as opposed to miserable, sad, or depressed). But the key to true happiness lies in the path of gratitude.

When you think about your hopes and dreams for your child's future, think of it a little differently. Instead of saying, "I just want my kids to be happy," say, "I just want my kids to be thankful." Because if they're thankful, they'll very likely be happy, too.

## Episode 9 Real Hero Quest

Time to celebrate! Your child has learned a LOT about gratitude by playing Buddy Quest. And, best of all, they've practiced thankfulness in their real life again and again. Now they're realizing that you can never be too thankful.

Their challenge for today is to write down 25 things that they're thankful for. After they do that, read their list aloud and affirm what remarkable progress they've made in becoming a more thankful person.

After your chat, tap the "Quest Complete" button.

You are being a true superhero by helping your child master the virtue of gratitude. Give yourself a little pat on the back. (Go ahead, you deserve it!)

### Grow Deeper

It's gonna happen. One of these days, probably sooner than you'd like, your child is going to be ungrateful. Rather than count their blessings or look for the silver lining in their situation, they'll whine or complain about something gone wrong.

That's okay! It's perfectly normal for all of us — grown-ups, too — to forget to be grateful. But here's simple suggestion for what you can do, as a parent, to keep thankfulness top of mind in your family.

Every night at dinner, go around the table and have everyone say ONE thing he or she has been thankful for that day. It can be something little or big, but we always have SOMETHING to be thankful for. (If you don't eat dinner together every night, find another daily moment that works best for your family — maybe in the car on the way to school or soccer practice.)