



# CREATING Thanksgiving Traditions

Creating new holiday traditions for the Thanksgiving season can be a wonderful way to bring family and friends together and make the holiday more meaningful.

## Here are some ideas to consider:

1. **Gratitude Jar:** Place an empty jar and some small pieces of paper on your Thanksgiving table. Ask everyone to write down something they are thankful for and put it in the jar. Then, during the meal or afterward, take turns reading these notes of gratitude aloud.
2. **Volunteer Together:** Spend part of the day volunteering at a local food bank, homeless shelter, or other charitable organization as a family or with friends. It's a great way to give back and remind everyone of the importance of helping others.
3. **Thanksgiving Scavenger Hunt:** Create a Thanksgiving-themed scavenger hunt for the kids or even for adults. Hide items or clues related to the holiday throughout your home or yard, and have everyone work together or compete to find them.
4. **Family Recipe Exchange:** Encourage family members to share their favorite Thanksgiving recipes and create a family cookbook. You can even assign different dishes to family members and have a taste test to see whose version is the best.
5. **Gratitude Tree:** Set up a "gratitude tree" by placing branches in a vase and providing colorful paper leaves and markers. Throughout the month leading up to Thanksgiving, have everyone write something they are thankful for on a leaf and attach it to the tree. It makes for a beautiful centerpiece and a visual reminder of gratitude.
6. **Outdoor Activities:** Depending on the weather, consider outdoor activities like an outdoor game, nature hike, or a post-meal walk. Being active together can be a fun way to spend time and work off some of that Thanksgiving dinner!
7. **Movie Marathon:** Host a Thanksgiving movie marathon featuring classic Thanksgiving-themed films or family favorites. It's a cozy way to spend time together after the meal.
8. **"Thankful for You" Letters:** Have each family member write a letter expressing gratitude to another family member and exchange them. It's a heartfelt way to let your loved ones know how much you appreciate them.
9. **Memory Scrapbook:** Provide scrapbooking materials and encourage everyone to create a page highlighting their favorite Thanksgiving memories. Over the years, you'll have a beautiful keepsake filled with cherished moments.

**Remember that the most important thing is to create traditions that resonate with your family and friends and bring joy and connection to your Thanksgiving celebration!**