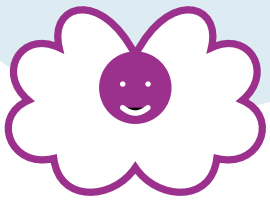
TOUCHSTONE
THERAPY CENTER

FREE RESOURCE

HOLIDAY IDEAS

Creating New Thanksgiving Traditions



New traditions can bring family and friends together and make the holiday more meaningful. Nine ideas to try, and the best traditions are the ones that fit your family.

1 Gratitude jar

Put an empty jar and slips of paper on the table. Everyone writes something they are thankful for. During or after the meal, take turns reading the notes aloud.

2 Volunteer together

Spend part of the day at a food bank, shelter or other charity as a family or with friends. It is a reminder of the importance of helping others.

3 Thanksgiving scavenger hunt

Hide holiday-themed items or clues around the house or yard and have everyone work together, or compete, to find them.

4 Family recipe exchange

Share favorite recipes and build a family cookbook. Assign dishes to different people and hold a taste test.

5 Gratitude tree

Put branches in a vase with paper leaves and markers. In the weeks before Thanksgiving, everyone writes something they are thankful for on a leaf. It makes a beautiful centerpiece.

6 Get outside

Weather permitting, plan an outdoor game, a nature hike or a walk after the meal. Being active together is fun and works off dinner.

7 Movie marathon

Host a marathon of Thanksgiving classics or family favorites. It is a cozy way to spend the evening together.

8 "Thankful for you" letters

Each family member writes a letter of gratitude to another and you exchange them. A heartfelt way to say how much you appreciate each other.

9 Memory scrapbook

Set out scrapbooking supplies and have everyone make a page of favorite Thanksgiving memories. Over the years it becomes a keepsake.