



Head to Heart
Restoration Ministry

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Thanksgiving Family Fun

Help your family celebrate Thanksgiving by establishing new traditions or adding some life back in to traditions that may have lost some of their excitement. Most families will begin the Thanksgiving meal by having each person name something they are thankful for. For a change you might want to select one of these activities as an alternative to this time honored tradition.

1. **Thanksgiving Wreath.** Prior to Thanksgiving Day cut hand shapes out of fall colored construction paper. On Thanksgiving Day each person writes one or two things that they are thankful for on several of the cut-outs and tapes them on to a circle form making a Thanksgiving wreath. During the meal, each person can share what part they added to the wreath.
2. **Celebrate Unsung Heroes.** After the Thanksgiving meal put together several special plates of goodies and have the children create Thanksgiving cards. As a family take the goodies and cards to local firefighters, police officers, or soldiers. Share your thanks and gratitude for others that help out in the community.
3. **Symbols of Thanksgiving.** Several days before Thanksgiving encourage everyone to find two of three objects that represent things that they are thankful for over the last year. On Thanksgiving Day have each person shows their objects and tells how the object symbolizes something they are thankful for.
4. **Connect with Others.** During the day use some of those extra cell phone minutes to connect with far away friends and family members to let them know that you are thankful for their relationship over the years. It is a great way to re-connect.
5. **Gratitude Box.** For several weeks leading up to Thanksgiving each family member writes things they are thankful for on note cards or paper and puts them in a decorated box. On Thanksgiving Day, have one family member take all of the cards out of the Gratitude Box and reads them to the others.
6. **Take a Walk Down Memory Lane.** If your Thanksgiving holiday includes relatives that you do not have the opportunity to see very often, take time to share stories about past holidays, events and traditions. This is a great opportunity for the younger children to learn more about their family. You might want to record the stories to have in later years.

Thanksgiving is an American holiday full of tradition, family and relationships. Regardless how your family celebrates this special day, make sure to spend time thanking God for his abundance, love and grace.

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