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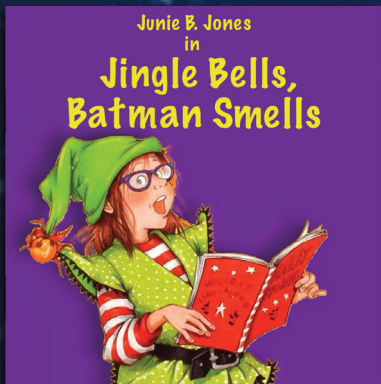
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Emphasize Thankfulness This Thanksgiving

The people doing the meal prep are already exhausted, the kids are hyper and hungry, the latecomers haven't arrived yet, and the living room is full of banter as people watch the football games. Is this how Thanksgiving Day is for you? Do you wish for more thankfulness on Thanksgiving? Incorporate a new activity into your holiday to emphasize giving thanks.

Speak Your Thanks

Before the meal starts, gather

everyone in a circle. Hold hands if you wish. Go around the circle with each person saying something that he or she is thankful for. This can take the form of a prayer, if you are so inclined. Hearing the thanks of others and sharing your own thanks brings attention to the spirit of the holiday.

Moment of Silence

Maybe your family would be uncomfortable speaking their thanks aloud. You can still gather the group for a moment of silent thanksgiving sometime during the

festivities. Let people know in advance how long the silence will be so everyone knows what to expect. The silence will give everyone a chance to focus on their blessings.

Share Your Blessings

Some families choose to spend Thanksgiving serving others at a community meal or food kitchen. Another option is to fill a box with the ingredients needed to make Thanksgiving dinner, and give it to a family who could use a little help. If you'd rather not give food, purchase some winter coats and donate them to an organization that distributes them to those in need.

Make a List

As people gather on Thanksgiving, have each person add things they are thankful for to a list, and see how long the list gets. For a fun twist, have people write their lists on the tablecloth you'll use for the big meal. You could get a disposable tablecloth or an



inexpensive vinyl tablecloth and write with permanent markers, or you could use a fabric tablecloth with fabric markers. As you eat the meal, you'll be surrounded by reasons to be thankful. To start a long-lasting tradition, write the lists in a journal that can be added to year after year.

Get Crafty

There are so many possibilities for making a Thanksgiving craft. Collages are great. Each person could bring a picture of something for which they are thankful. Alternately, each person could bring a picture of themselves, and the completed collage would

express thankfulness for the people gathered together on the holiday. Children could make collages by drawing pictures or cutting images from magazines. People could write their thanks on a canvas or mat that could be framed later as a remembrance. Another spin on the craft idea is for each person to make something (this can be a group activity on Thanksgiving) that will later be given away to hospital patients, nursing home residents, or others.

Write a Letter

Take 10–15 minutes out of your family’s busy day to have each person write a thank you letter to someone. Maybe it’s a favorite teacher, a good friend, or the co-worker who helped you out of a bind. After everyone writes their letters, make sure they all get delivered.

Give an Assignment

Instead of taking time on Thanksgiving Day for a project, give an assignment that is “due” on Thanksgiving. Each person is to

do something before the holiday that shows his or her appreciation for someone or something. You could take someone to lunch in thanks for a kindness done to you. Because you are thankful for your home, you could spend a day doing needed upkeep that will help it stay in good condition. You could give a gift to the staff at your grandma’s nursing home. Ideas for this are almost limitless.

Box of Thanks

Ask people to write or draw things they are thankful for on a small piece of paper and drop them in a pretty box. The box can be used as part of your Thanksgiving centerpiece or as a decoration on a mantle or side table that is visible throughout the day. The box could be kept as a reminder to be thankful throughout the year, or it could be opened next Thanksgiving to remember past blessings.

Thanksgiving is filled with busyness for many people. Planning an activity to focus on gratitude brings the original theme of thanks back to the Thanksgiving holiday.



Let's Talk Turkey

Eight Surprising Facts About Turkeys

Turkeys are a lot more than just the traditional meal of choice during Thanksgiving. These birds are much more interesting than one might expect. These eight surprising turkey facts will be sure to convince you of that.

1) Wild turkeys are surprisingly fast. They can run as fast as 25 mph (the fastest speed recorded by a human is 27.8 mph). Turkeys can even reach speeds of 55 mph when flying. However, many domesticated turkeys cannot fly because they have been bred to be too large to fly.

2) There is a rather well-known story that Benjamin Franklin once suggested that the turkey, not the eagle, should be national bird of the United States. In reality, Benjamin Franklin never actually proposed that the turkey should be the national bird. The Franklin Institute does say that Benjamin Franklin did not like the choice of the eagle as the national bird, but that he never suggested the turkey as its replacement.

3) Turkeys can do much more than just gobble. In fact, turkeys can make over 20 different types calls.

4) Male and female turkeys have different shaped droppings. Because of this, you can use those droppings can be used to determine the gender of a turkey.

5) The largest turkey that was ever raised weighed in at 86 pounds.

6) Wild turkeys are not usually found alone. Instead of going solo, wild turkeys tend to flock together. This is especially true when wild turkeys are looking for food, as traveling in together helps to keep the turkeys safe.

7) The male turkey's gobble is surprisingly loud; it can be heard from over a mile away.

8) Turkeys can eat a lot of food. It generally requires 75-80 pounds of feed to fully raise a 30-pound turkey. That's a lot of feed to get a turkey from the farm onto your dinner table!

Turkeys are more than just silly birds. These great creatures are really interesting. Whenever Thanksgiving comes around, we should always remember that turkeys are much more than a tasty meal.



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