

20 Ways to Give Thanks

Prevent Child Abuse Illinois

November is the time of year that families gather for the Thanksgiving holiday to enjoy a delicious feast. The focus of Thanksgiving is usually the food, but the reason for Thanksgiving is to remember all of the things for which we are thankful. One of the best ways to give thanks is to give back. This year, use the Thanksgiving season as a chance to express the reasons you are thankful and nurture a sense of gratitude in your family and with your children.

Thanksgiving, after all, is a word of action. □~W.J. Cameron

20 Ways to Give Thanks:



1. Tell family members and friends why you are thankful for them.
2. Read a Thanksgiving story with your family on Thanksgiving day.
3. Invite a neighbor or friend to join in your Thanksgiving meal.
4. Show your appreciation to your babysitter, child's teacher, mail carrier or others by baking them cookies.
5. Help other families in your community by donating canned goods to a local food pantry.
 6. Send care packages to those serving our country. These packages don't have to be big or expensive. Even small items like toothpaste and lip balm can make a big difference in the daily life of a soldier.
 7. Prepare a Thanksgiving basket filled with special treats to give to a family or your favorite charity.
 8. Make a Thanksgiving tree using construction paper and have each family member write down what they are thankful for on the leaves.
 9. Give back to your community by volunteering at a local charity, library or senior center.
 10. Go around the dinner table and have each family member tell their favorite family memory. This will bring lots of smiles and laughs as memories are shared.
 11. Do a family project of writing a poem about what you are thankful for together.
 12. Place a fall basket with a pencil and pad of paper in an easy-to-reach location. Throughout the month, encourage family members to jot down things they are thankful for. Younger children can draw or cut out pictures from magazines.
 13. Talk to your children about how to show thanks. Have them write a thank you note to teachers, grand parents or others who have given them gifts or special attention.
 14. Gather old toys and clothes and donate them to a homeless or battered women's shelter or a thrift store.
 15. Do something unexpected for someone you love.
 16. As a family, take the time to thank a veteran or visit a veteran's home in honor of Veteran's Day in November.
 17. Look for small things in your life to be thankful for and appreciate them.
 18. Give your time and energy to someone who may need it.
 19. Smile and say hello to someone you do not know.
 20. Tell your children how special they are and that you are thankful for them.



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