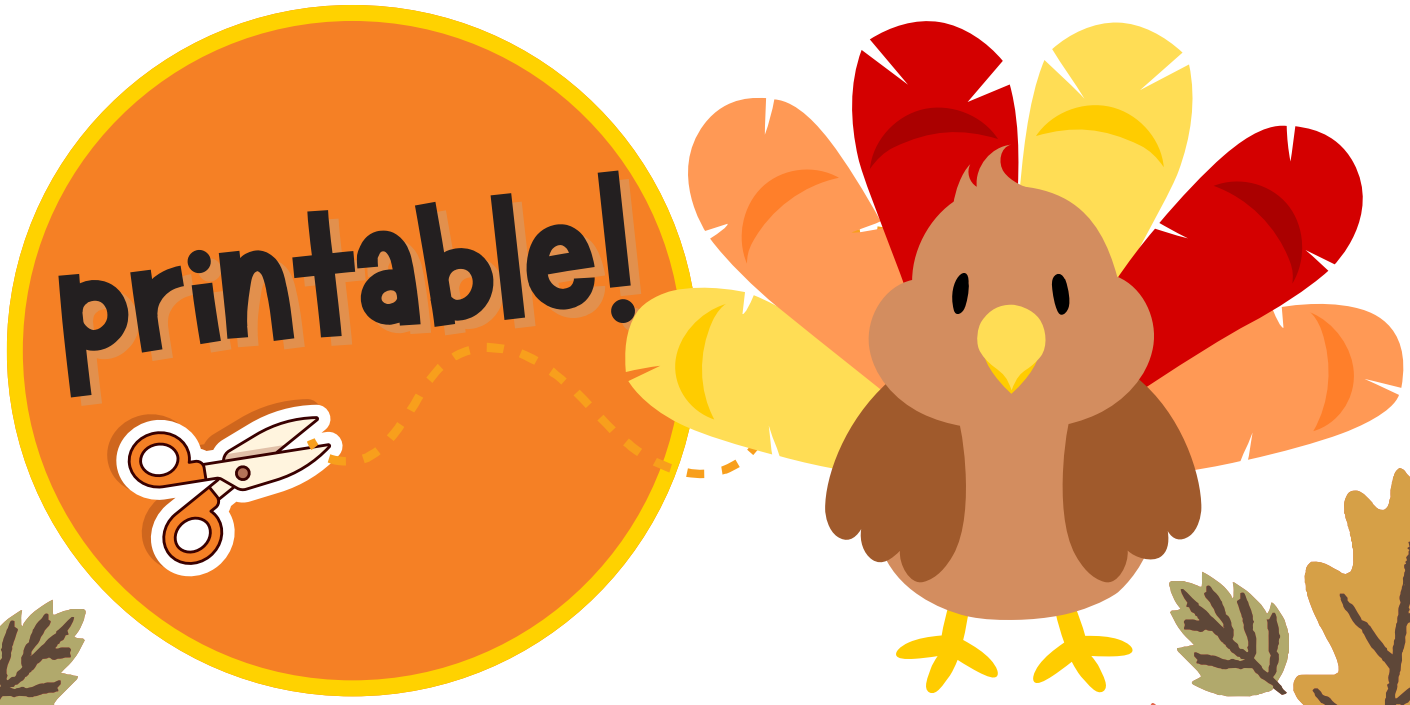
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FREE PRINTABLE Thanksgiving ACTIVITIES FOR FAMILIES





Index of Activities

Grab your family and have some fun!

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Start a new tradition: The Thanksgiving Tree!

At Cayuga Centers, we are grateful for all the families we serve. What are you grateful for? Here is a fun way to celebrate all season long.

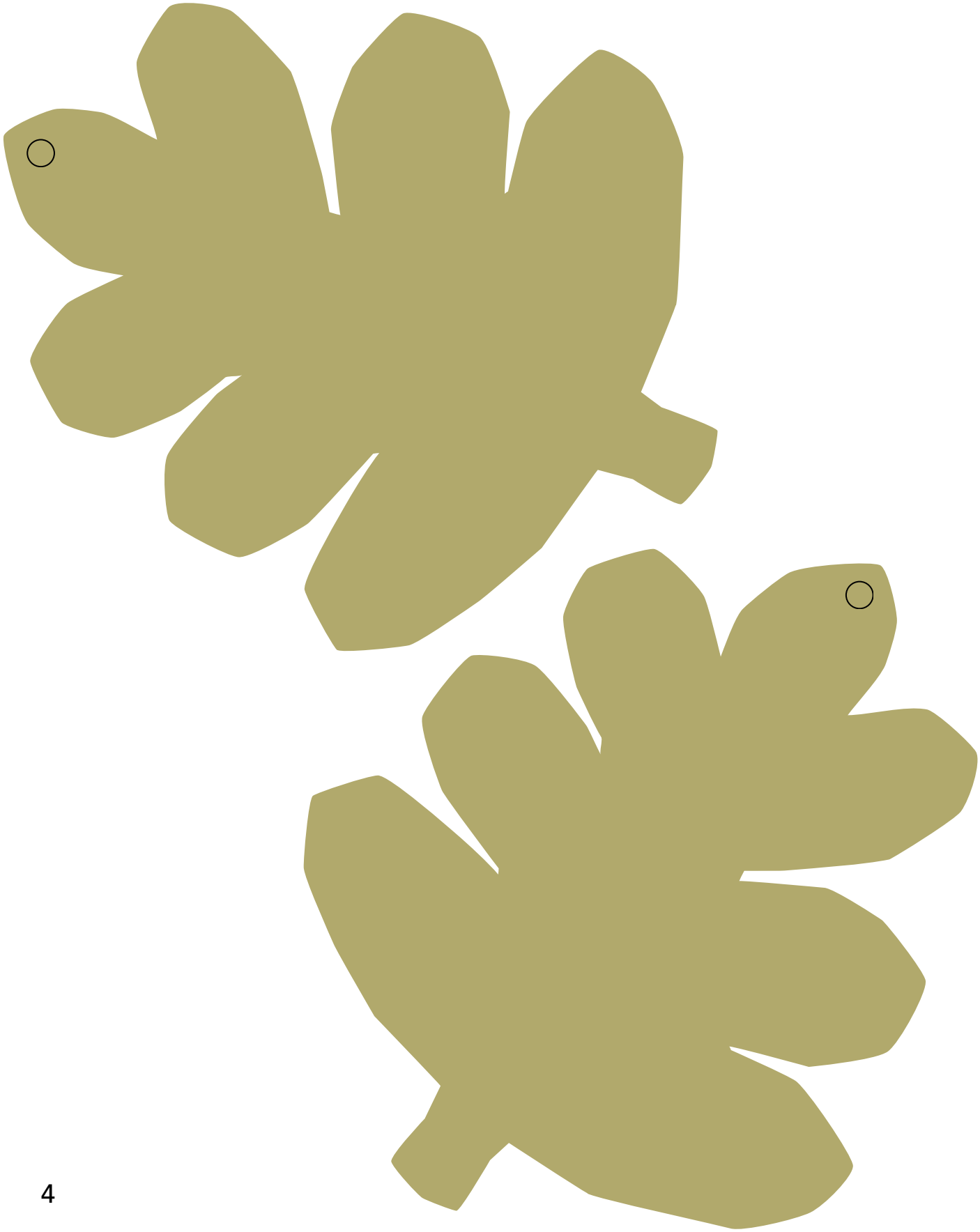
1. **Prepare your ornaments:** Cut out ornament shapes on heavier stock paper.
2. **Write down your gratitude:** Write something you're grateful for on each ornament. Do this as a family! After you are done, punch a hole in the ornament and thread it with ribbon to make a bow then decorate your tree!
3. **Share with visitors:** When friends or family visit, invite them to add their own words of gratitude on an ornament. Then, add them to the tree!
4. **Gather and reflect on Thanksgiving Day:** Gather around your gratitude tree and feel the warmth of everyone's messages.
5. **Preserve the memories:** Save your ornaments for next year and keep building on your cherished memories!



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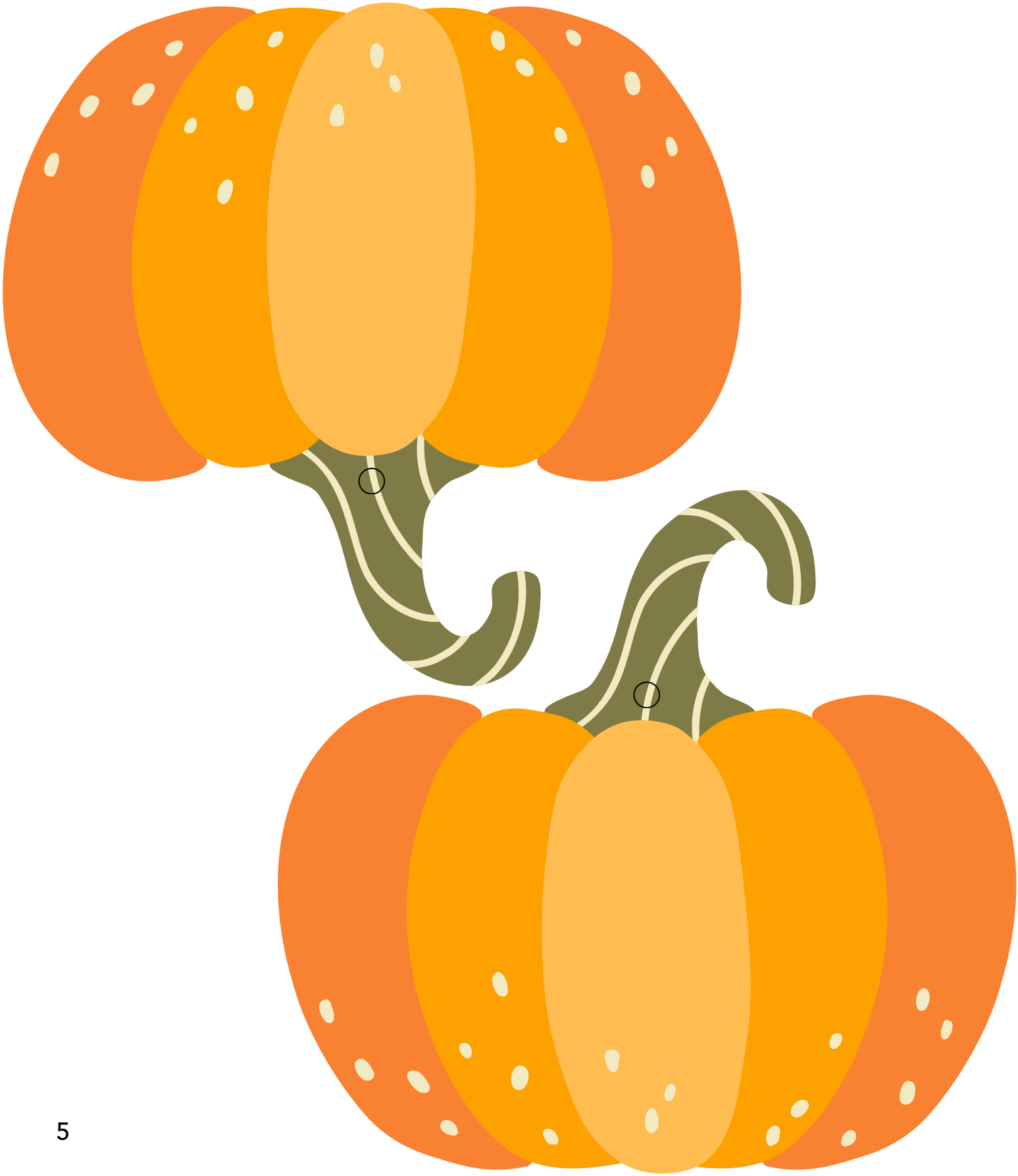
Cut along the outside of each element.
Use a marker to write what you are grateful for.



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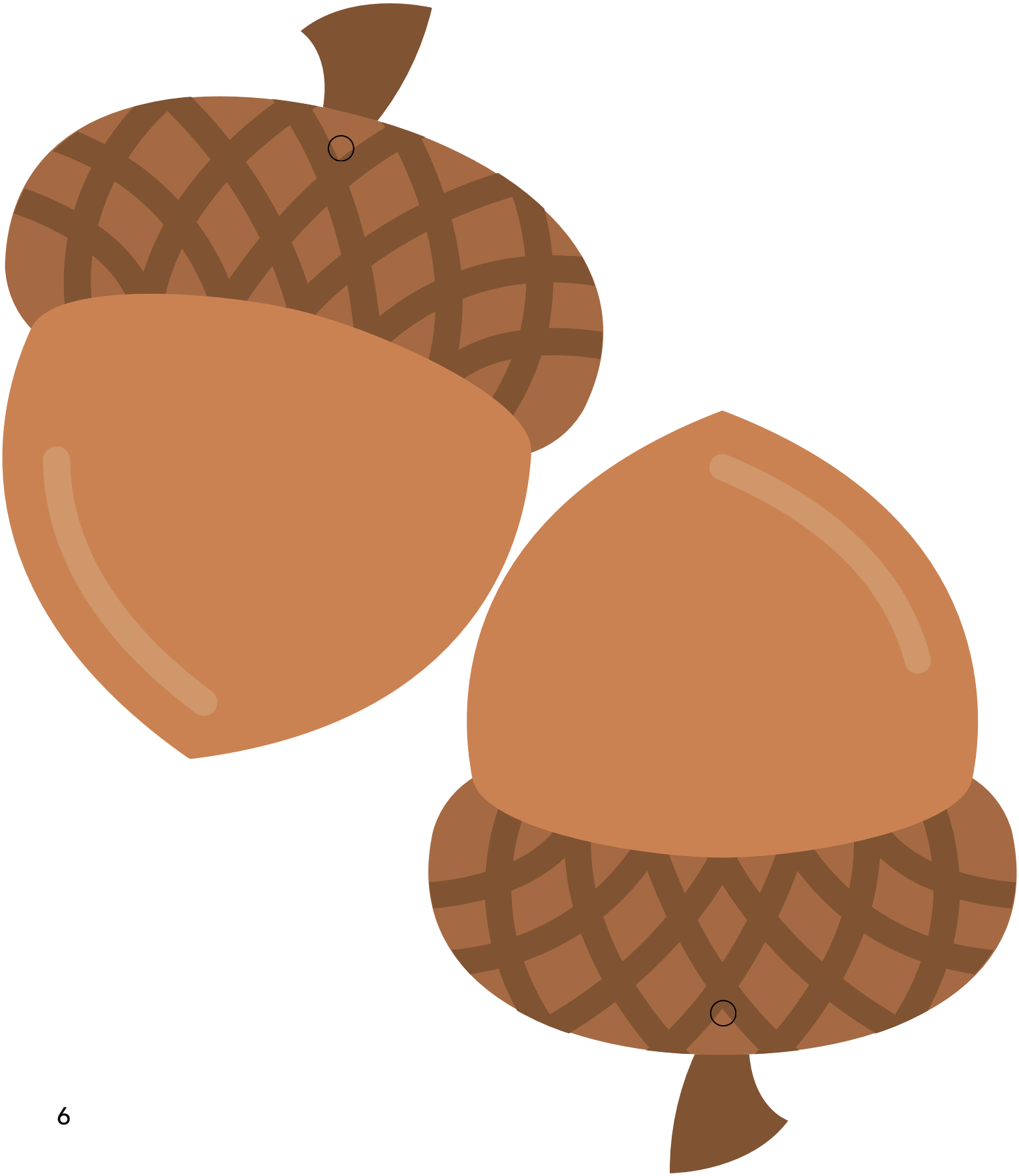


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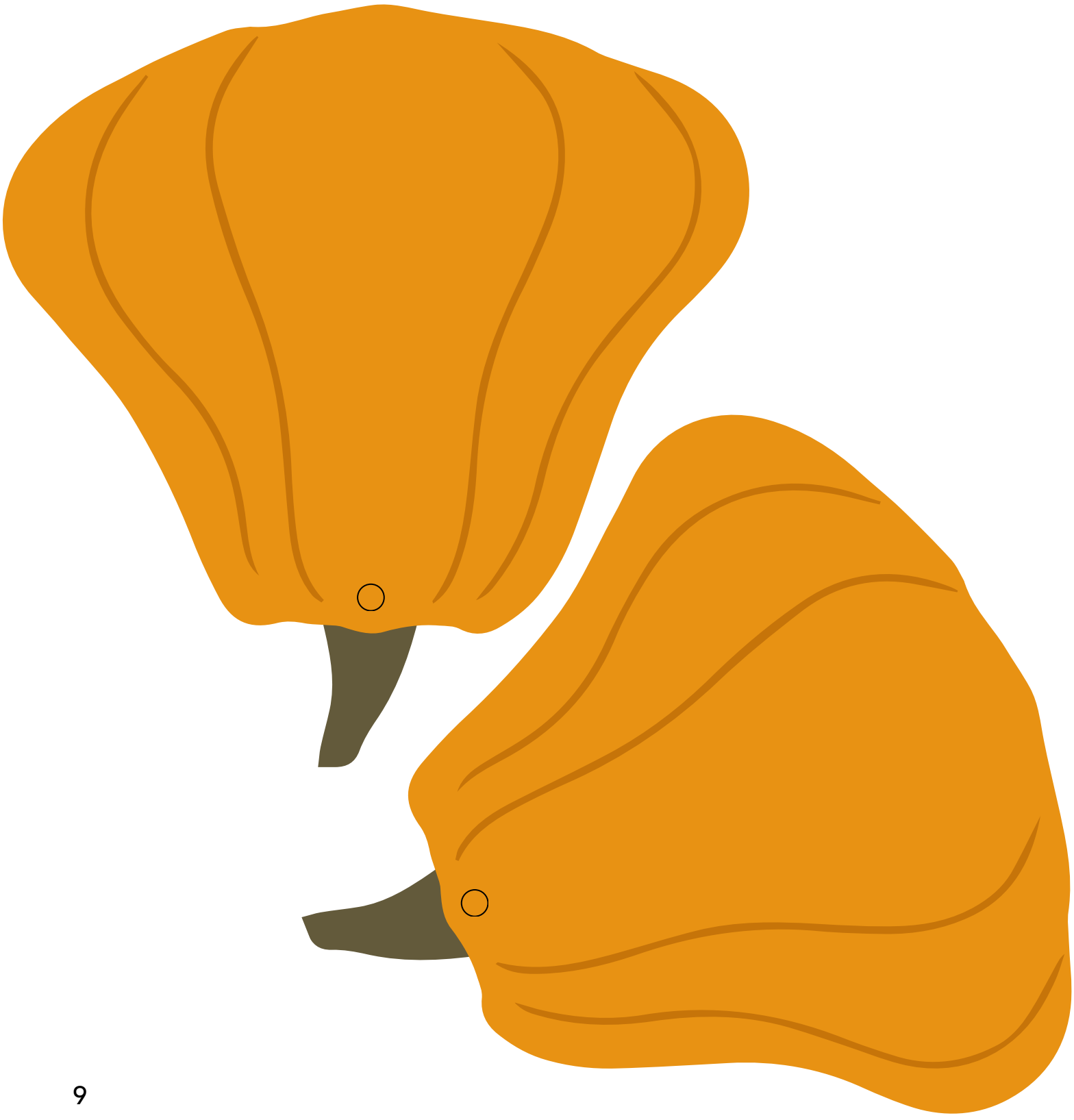


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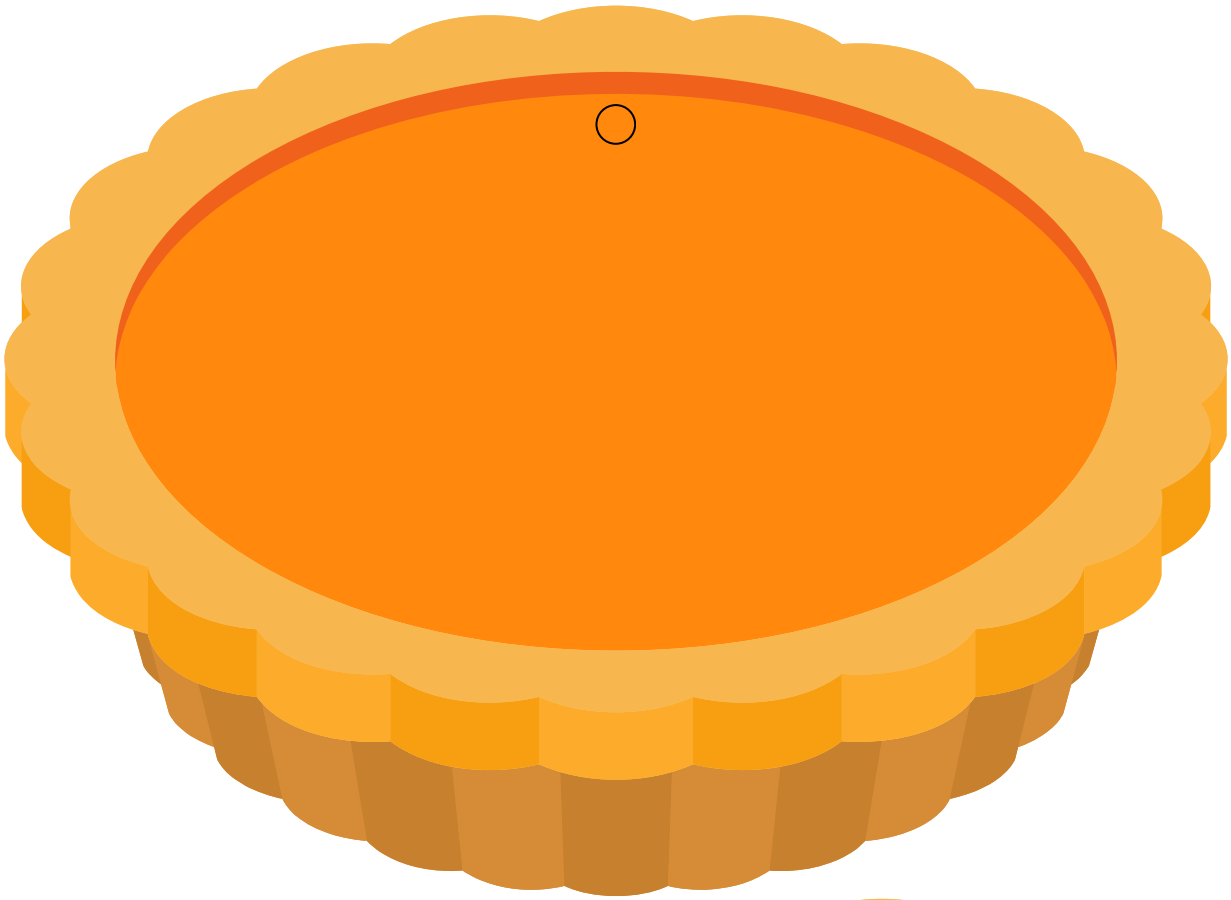


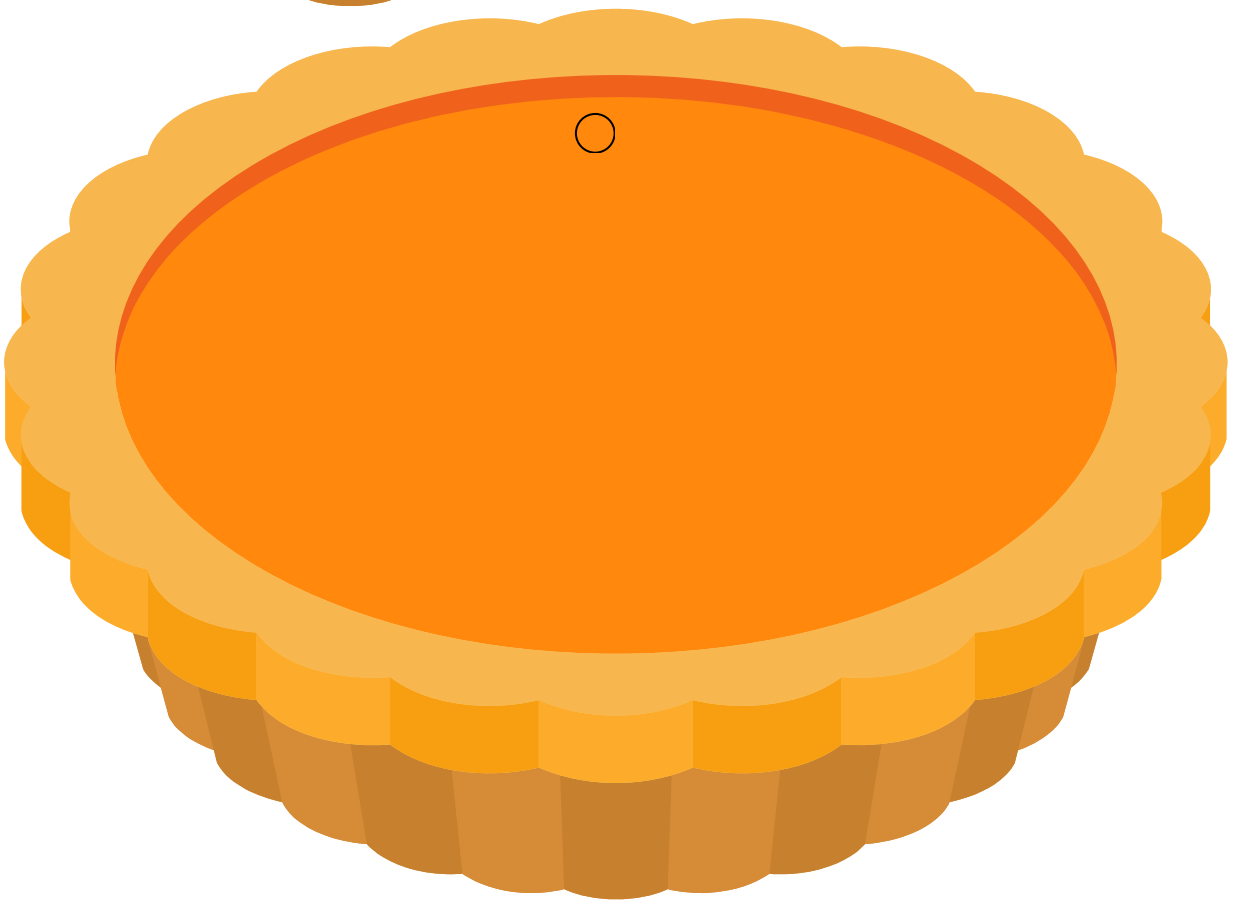
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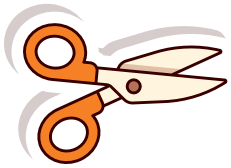
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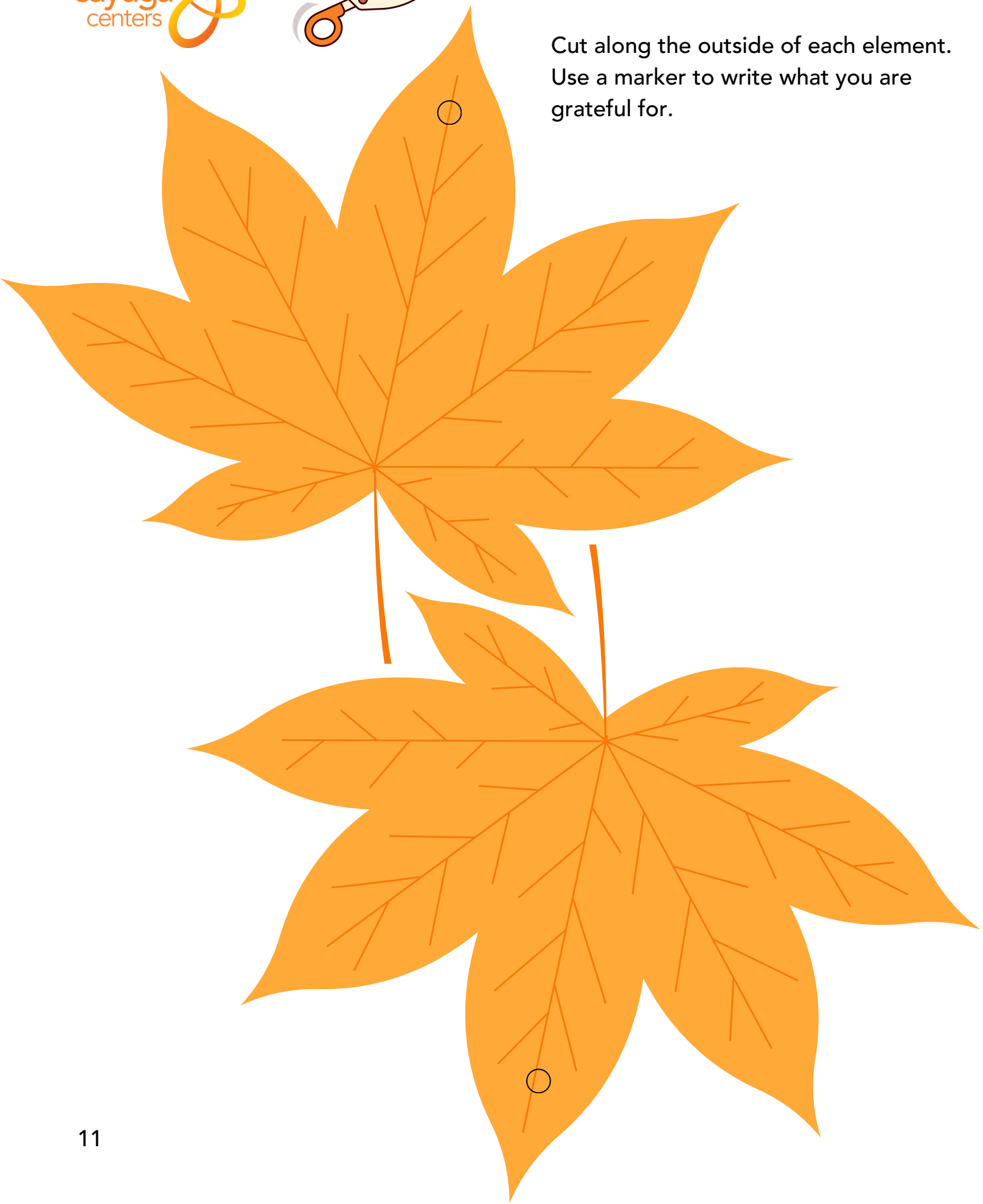




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Cut along the outside of each element. Use a marker to write what you are grateful for.



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Gratitude Reflections



Sometimes the holidays can be difficult for youth adjusting to a new environment.



Holidays can actually be stressful for EVERYONE in the household with added cooking, cleaning, shopping and activities.



When feelings of stress and worry start to creep in, take a moment to think about how you are feeling and ways to manage.



Discuss this as a family and talk about how you can support one another.



Adults can benefit from this exercise too!





WHAT CAN HELP DURING THE HOLIDAYS...

Sometimes, the holidays can be hard. Draw, write or describe what can help you when you are feeling each of these emotions.

When I need a break...

When I feel stressed...



When I feel hurt...

When I feel angry...

When I feel worried...



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Make a Gratitude Container!

- Find a jar or box.
- Grab some decorations like glitter, glue, markers and ribbon.
- Decorate the container.
- Every day - have each family member write 1 thing they are grateful for on small pieces of paper. It can be anything from making the soccer team to grateful for the warmth of the sunshine.
- Put your gratitude in the container.
- Read them aloud on Thanksgiving day to remember all of the things - both big and small - that you have gratitude for.



Printable Gratitude Jar Prompts



I am grateful for...

I am so lucky to have...

I am so happy to have...

I am so happy to have...

I am so lucky to have...

I am grateful for...

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Paint gratitude rocks!



Find some flat surface stones.



Organize a paint station with acrylic paint, brushes, water and paper towels.



Paint a rock with an image that reminds you of something you are grateful for. OR, paint words of gratitude on your rock!



You can keep your rock with you every day to remind yourself of all you have to be grateful for.











A list of things you may be grateful for:



family
mom
dad
sister
brother
favorite food
music
fall leaves
snow
warm home
your pet
friends
school
clothes
your room
favorite smell
favorite movie
family walks

warm bed
five senses
healthy body
warm bath
shoes
technology
family
cousins
kind strangers
compliments
learning
connection
nature
sunsets
oceans
rain
birds singing
game night

flowers
sunshine
cookies
mentors
laughter
good books
fuzzy blanket
money
dance parties
good sleep
journaling
clean clothes
therapist
inside jokes
my skills
libraries
animals
teachers

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Thanksgiving Day Parade BINGO



Print out these BINGO cards.



Grab some pennies.



Turn on the Thanksgiving Day parade.



When you see the image, put a penny over it.



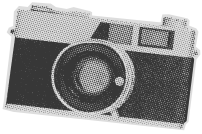
The first person who fills in a full row across, down, or diagonally wins!



Then give gratitude for having fun together!

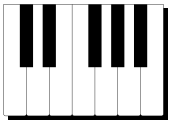
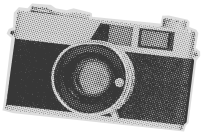
Thanksgiving Day Parade

BINGO

 Top hat	 Clown	 Trumpet	 Camera	 Guitar player
 Baton	 Balloon animal	 Tree	 Ballerina	 Confetti
 Stocking	 Sunglasses	FREE SPACE	 Pumpkin	Stars
 Santa Clause	 Microphone	 Singer	 Piano	 Gloves
 Elf	 Winter hat	 Turkey	 Police officer	 Cheerleader

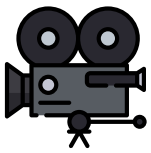
Thanksgiving Day Parade

BINGO

 Singer	 Confetti	 Guitar player	 Winter hat	 Trumpet
 Baton	 Pumpkin	 Santa Clause	 Ballerina	 Clown
 Microphone	 Sunglasses	FREE SPACE	 Balloon animal	 Cheerleader
 Tree	 Stocking	 Top hat	 Piano	 Police officer
 Elf	 Camera	 Turkey	 Gloves	Stars

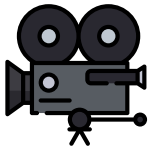
Thanksgiving Day Parade

BINGO

 Gift	 Drum	 Wreath	 Nutcracker	 Firefighter
 Guitar	 Scarf	 TV Camera	 Football	 Reindeer
 Mrs. Claus	 Cap	FREE SPACE	 Saxaphone	 Bows
 Gingerbread	 Holiday lights	 Candy canes	 Ornaments	 Tree
 Teddy bear	 Balloons	 Marquee M	 Singers	 Santa hat

Thanksgiving Day Parade

BINGO

 Ornaments	 Reindeer	 Balloons	 Nutcracker	 Marquee M
 Guitar	 Holiday lights	 Saxaphone	 Football	 Santa hat
 Mrs. Claus	 Cap	FREE SPACE	 TV Camera	 Scarf
 Tree	 Bows	 Gift	 Candy canes	 Teddy bear
 Gingerbread	 Wreath	 Singers	 Firefighter	 Drum

Thanksgiving Day Parade

BINGO

MAKE YOUR OWN BOARD

		FREE SPACE		