



Share  
something you  
are grateful for

"Give thanks to the Lord  
because he is good, because  
his faithful love endures  
forever."  
Psalm 118:1

What is a  
Thanksgiving  
tradition that  
you love?

# Happy Thanksgiving

Take 3 deep  
breaths: in thru  
the nose and out  
thru the mouth

Pick one or two of the ideas  
to try with your family on  
Thanksgiving

Learn about the  
origins of the  
Thanksgiving  
celebration