



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