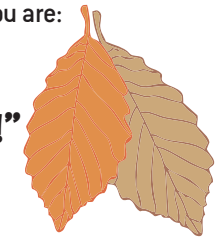
EIGHT GREAT WAYS TO BE THANKFUL

• For kids of all ages •

Thanksgiving is a time of year when we express our gratitude for all the things we have. Here are eight great ways to show how thankful you are:



1 Just say "Thanks!"

Learn how to say "Thank You" in different languages. You never know when it will come in handy.

Gracias Spanish (**grah**-see-uhs)

Merci French (mer-**see**)

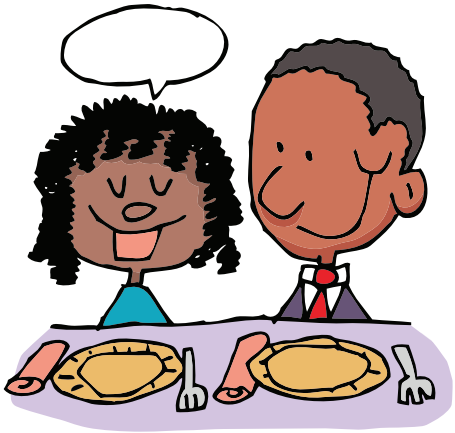
XièXie Chinese (**syeh-syeh** [Mandarin])

Arigatô Japanese (ahr-ee-**gah**-toh)

Danke German (**dahng**-kuh)

2 Start your own tradition

How about asking everyone around the table to share one thing (or several) that they are grateful for, then repeat the process every year? That's tradition!

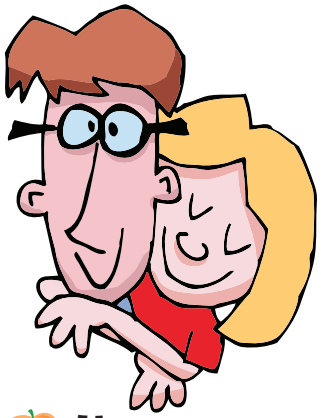


3 Offer to help without being asked.

You can start with helping to prepare dinner, or end with dirty dishes that need cleaning, or many other small things.

4 Make an example of yourself for younger kids.

You may not know it, but they are watching you. Set a good example. Or better yet, let them help you with small projects around the house.



5 Hug someone for no reason.

Tell them that you are thankful for them being in your life. Sometimes the simplest things are the best things.

6 Create a Thanksgiving diary or scrapbook.

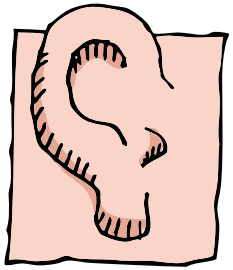
Ask everyone to jot down their thoughts or contribute a photo on this wonderful day. Be sure to get it out and add to it each year, to see how things change.

7 Remember others that help with the holidays.

The sacker at the grocery store, the mail person, the trash collectors; they all help. Leave a simple note or small bag of candy. They will really appreciate being remembered.

8 Be a good listener.

If you're always talking about yourself, you'll never learn anything about anyone else.



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