



In everything, give
THANKS

1 Thessalonians 5:18

Practice gratitude all month long with this Thanksgiving Guide. Make memories with your family, as you grow in your relationships, in your faith, and in gratitude **at HOME.**

This November, commit to an attitude of thankfulness with your family. Gratitude is like a muscle that needs to be exercised. The more you work at being grateful, the easier it becomes. One of the most wonderful things about thankfulness is that it is a choice! We get to choose every day, in every circumstance whether or not to be grateful. Use the activities in this kit to get started today!

Gratitude Text Challenge

Challenge your spouse, older child, or friend to text back and forth with you once a day for a whole month something you each are thankful for.

Thank You Cookies

Bake cookies and deliver them to your local fire department, police station, hospital, or school office with a note telling those who work there how thankful you are for what they do.

Family Time

Set aside one evening this month for a special activity with your family. At the beginning or end of the evening, read the bible verse and thoughts on gratitude from the front of this guide aloud. Here are some activity ideas:

- *Movie Night*- *Winnie the Pooh: Our Thanksgiving Day* for families with kids or *The Blind Side* for families with older children, teens, and adults
- *Game Night*- Choose a board game, grab a deck of cards, or make up a game of charades and have fun!
- *Family Hike*- Make trail mix together and go for a walk in the woods to enjoy the cooler weather.
- *Fall Foliage Drive*- Pack some treats and load up in the car to see the natural beauty God displays for us each autumn.