

Healthy Habits

Celebrating Thanksgiving. Consider these other activities...

Host a virtual Thanksgiving meal with friends and family who don't live with you • Schedule a time to share a meal together virtually. • Have people share recipes and show their turkey, dressing, or other dishes they prepared.

Watch television and play games with people in your household • Watch Thanksgiving Day parades, sports, and movies at home. • Find a fun game to play.

Shopping • Shop online sales the day after Thanksgiving and days leading up to the winter holidays. • Use contactless services for purchased items, like curbside pick-up. • Shop in open air markets staying 6 feet away from others.

Other Activities • Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch). • Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.htm>



Gratitude This Thanksgiving-

Gratitude is the act of saying thank you or the practice of being thankful. It has been shown that those who practice gratitude have better wellbeing, are more optimistic and connected to others and have decreased anger. Gratitude may be linked to resilience and your ability to recover from stressful situations.

There are many ways to have a gratitude practice. Take a few minutes a day to appreciate what is important to you.

- ◆ Meditate on or journal one thing that you are grateful for each day.
- ◆ Write a thank you note to someone.
- ◆ Call, text or email someone a thank you.
- ◆ With family have a gratitude jar, box or basket and write thanks on slips of paper. Read together.
- ◆ Gratitude Show and Tell. In person or via zoom for the holidays, family members can show an item that symbolizes something they are grateful for.

Recipe

RECIPE NAME: **SWEET POTATO CHIPS**

DIFFICULTY: ★★★★★

COOKING INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Wash sweet potatoes with cold water, removing dirt. Leave the skin on. It is full of fiber and good for you. Dry extra water off as it will make them crunchier!
3. Cut sweet potatoes into thin slices with a knife or mandolin and place them in a bowl.
4. Mix potato slices and 1 tbsp. of avocado or olive oil in a bowl.
5. Stir everything until combined.
6. Place a baking paper on a baking sheet to keep from sticking.
7. Spread each sweet potato slice on the baking sheet and sprinkle with a pinch of sea salt and black pepper.
8. Bake sweet potatoes for 20 minutes at 400°F and then remove and turn potatoes over to bake 20 more minutes on the other side. Bake longer if needed.

INGREDIENTS

- 2 medium to large sweet potatoes
- 1 tbsp. of avocado or virgin olive oil
- Pinch of sea salt
- Pinch of black pepper

TIPS

You can change your seasoning to replace the salt and pepper on the chips. Try an everything bagel or spicy seasoning to change it up. Work to keep seasoning low or no sodium to keep chips healthier.

COOKING TIME: 40 minutes PREP TIME: 10 minutes



Name _____

Date _____



I am Thankful for...



Answer each question. Try not to use the same answer more than one time.

1. What are you are thankful for that is green? _____
2. What are you thankful for that is yellow? _____
3. What are you thankful for that is soft? _____
4. What are you thankful for that is round? _____
5. What are you thankful for that is very small? _____
6. What are you thankful for that is very big? _____
7. What are you thankful for that tastes good? _____
8. What are you thankful for that tastes bad? _____
9. What are you thankful for that you cannot see? _____
10. What are you thankful for that you cannot touch? _____
11. What do you think your teacher is thankful for? _____
12. What do you think a teenager is thankful for? _____
13. What do you think a very old person is thankful for? _____
14. What do you think the president is thankful for? _____
15. What do you think a dog is thankful for? _____
16. What do you think a cat is thankful for? _____

Write your own thankful question and then answer it.

Question: _____

_____ Answer _____