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

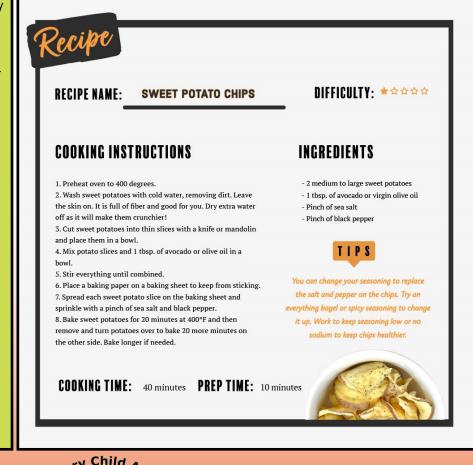


Gratitude This Thanksgiving-

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.









November 2020







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

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