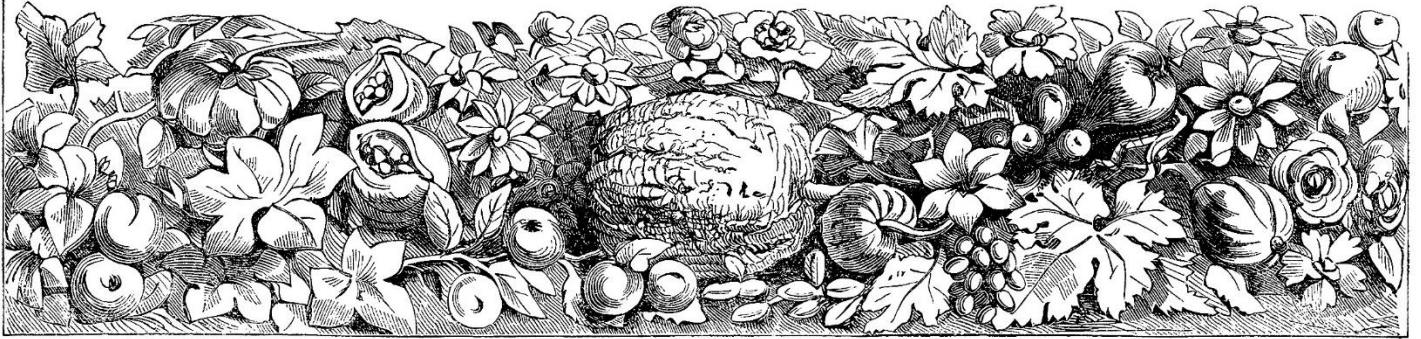


Our Holistic Homeschool's
~24 Days of Gratitude~



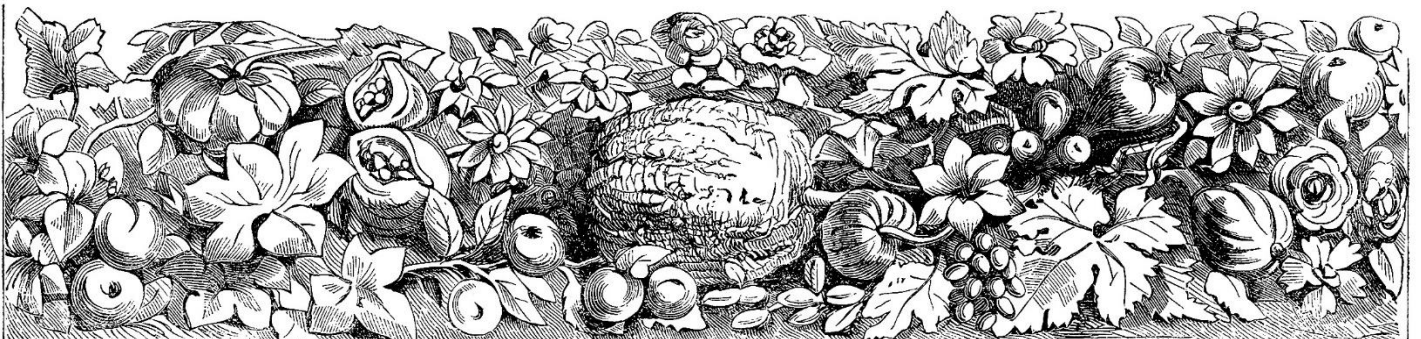
For detailed instructions and helpful tips, refer to our post:
“November Newsletter + 24 Days of Gratitude Printable!”
on *OurHolisticHomeschool.com*

Graphics Credit:

olddesignshop.com

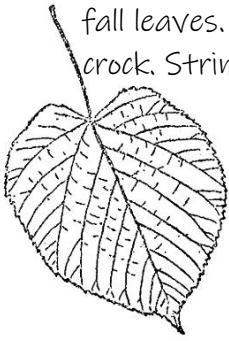
thegraphicsfairy.com

kirbylarson.com (*books image only*)

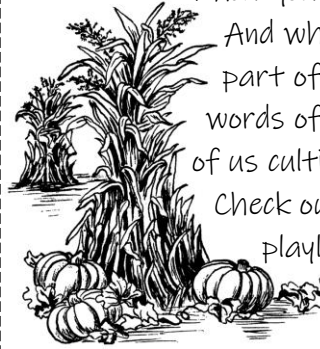


Make a Gratitude Tree!

Cut a small, bare branch (or a few) and collect fall leaves. Place branch in a large vase or crock. String pressed leaves with needle + thread and tie loops (like with Christmas ornaments). Each day leading up to Thanksgiving, write on a leaf using a Sharpie one thing you are grateful for and hang on "Gratitude Tree."



Listen to Thanksgiving Hymns



What you think about you bring about! And what you listen to becomes a part of you! So, simply listening to words of thanksgiving can help each of us cultivate a more grateful heart! Check out our Thanksgiving Hymns playlist on our Spotify under ~Our Holistic Homeschool~

Help with a chore or task you

DON'T LIKE!

Thanksgiving is a compound word; "thanks" and "giving." We can cultivate gratitude with both our words and our hands. Saying "thank you" and expressing our gratitude verbally is a wonderful thankfulness exercise. But we can also cultivate gratitude with our hands; "giving" generously and cheerfully to others, even when we don't want to.

Read a story of gratitude!

The stories we read become a part of us, so today, read a story of gratitude! For three fabulous gratitude read PDF file links (all free!), refer to last page of this printable.



And stay tuned for our upcoming post titled "Books of Gratitude; Cultivating a Heart of Thanksgiving One Read-Aloud at a Time!"

Write a "Thankful Note"

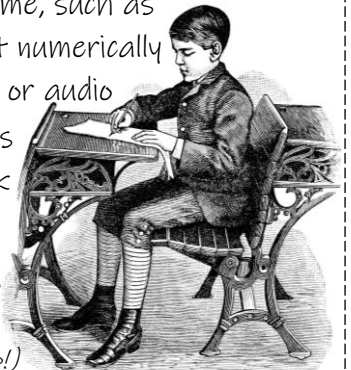
Not to be confused with the better-known "Thank You Note," a "Thankful Note" is slightly different.

Rather than thanking someone for a specific gesture, such as a gift received, a "Thankful Note" is more like a letter of continual gratitude to someone who regularly blesses and enriches our lives. Think of someone who daily or weekly impacts your life for the better and write to them a letter of gratitude and thanksgiving.

Try to COUNT your blessings!

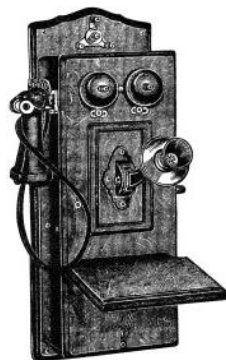
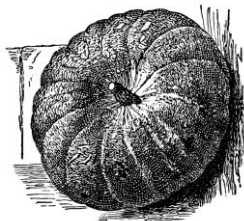
Choose a set amount of time, such as ten minutes, and try to list numerically (either written, typed, or audio recorded) as many blessings in your life as you can think of before time runs out.

(PS. If you ever can't get to sleep at night, try counting your blessings instead of sheep!)



Paint a "Thankful Pumpkin"

In your Bible, or online, cross-reference the word "thanksgiving." Read through some of the verses you find and select your favorite. Then, using a washable marker, write the verse out on a pumpkin. Add any design, decoration, or frills you like as well. Then, paint over the words in acrylic paint.



I just called to say . . .

I'm thankful for YOU!"

Give a friend or family member a surprise phone call today just to tell them how thankful you are that they are in your life! You'll probably make their day!

Have a Blindfolded day (or hour)

We take a lot of incredible things for granted . . . like running water, electricity, even our bodies! Most of us can walk, talk, smell, taste, hear, and see! But there are some people who are less fortunate than we are; people who are deaf, wheelchair bound, mute, or blind. Spend the day (or even just an hour) blindfolded to experience what life would be like without the blessing of sight.

Make something for someone today!



Help a neighbor or take a meal to a sick or struggling family.



Read aloud a book to a younger sibling, cousin, or friend!

Make some little one's day and read to him or her a story or two! Oh, and make sure to let the little one choose the story!



Shh! Do something helpful in SECRET!

Think of something you can do to help your mom, dad, sibling, grandparent, or neighbor . . . and then do it in secret; not for any attention or praise.

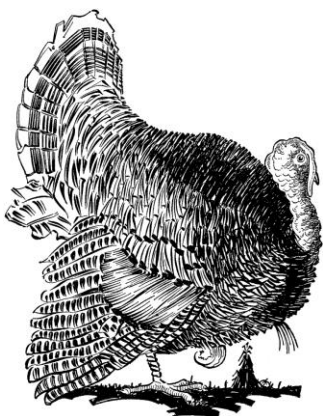
"But when you give to someone in need, don't let your left hand know what your right hand is doing. Give your gifts in private, and your Father (God), who sees everything, will reward you."

Matthew 6: 3&4

Choose a toy to bequeath (give away) to a little sibling, cousin, or friend.



Help Mom or Dad ready the house for Thanksgiving!



Spend a day (or hour) in SILENCE.

We take a lot of incredible things for granted . . . like running water, electricity, even our bodies! Most of us can walk, talk, smell, taste, hear, and see! But there are some people who are less fortunate than we are; people who are deaf, wheelchair bound, mute, or blind. Spend the day (or even just an hour) with masking tape over your mouth to experience what life would be like without the blessing of speech.

Help Mom or Dad prepare the Thanksgiving feast!



Follow our kid-friendly tutorial under: "Early-Bird, Make-Ahead Thanksgiving Dinner Skill School" on OurHolisticHomeschool.com

Make a Christmas GIVE LIST!

The holidays can be very "ME focused." We often spend a lot of time thinking about our own wants, and not very much time thinking about others. This year, before (or instead of) writing a wish list to Santa, write a Christmas "Give List" for what you'd like to gift to friends and family members.



Give the gift of PLAY!

Play with a younger sibling, cousin, or friend. Be sure to make this playtime all about the little one, starting by letting him or her choose what to play!



Go Thanksgiving Caroling!

Caroling doesn't just have to be at Christmastime! Brew a pot of hot cider and deliver a cup & carol of Thanksgiving to friends and neighbors!

A few Thanksgiving Carols:

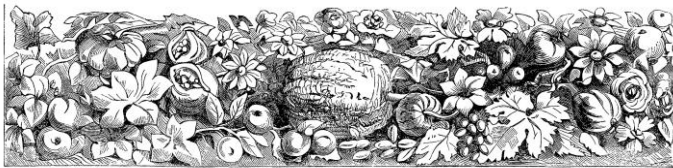
- "He has Made Me Glad"
- "America the Beautiful"
- "Come Thou Fount"
- "For the Beauty of the Earth,"
- "This is My Father's World"



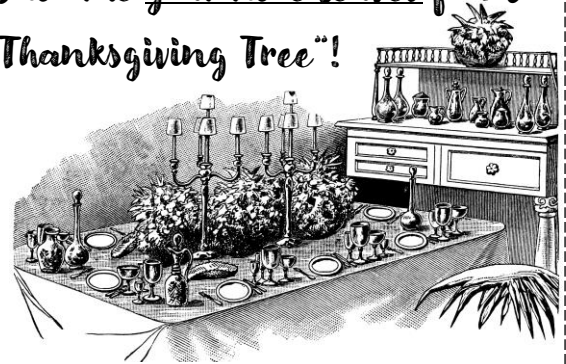
Make a BANNER to BANISH complaining!

thanksgiving (v): expressing gratitude, especially to God
complaining (v): expressing discontent or dissatisfaction

Make a banner for your home with this Bible verse:
"Do everything without complaining or arguing."
Philippians 2:14



Before enjoying the big holiday feast, read aloud the gratitude leaves from the "Thanksgiving Tree"!



Create your own Grateful Day:

Create your own Grateful Day:

Free PDF & File Links for Three Fabulous “Gratitude Reads” by age group:

- ⌘ Ages 5 to 9: Too Much Noise (play script):
<http://www.timelessteacherstuff.com/readerstheater/TooMuchNoise.pdf>
- ⌘ Ages 9 to 14: Thank You Ma’am (short story):
<http://civics.sites.unc.edu/files/2012/05/ThankYouMam.pdf>
- ⌘ Ages 12 and up: It’s a Wonderful Life (play script):
<http://gregorymancuso.com/wp-content/>
- ⌘ All ages: Psalm 100, 1-5 (Scripture):
<https://www.biblegateway.com/passage/?search=Psalm+100>