

FESTIVALS &amp; CELEBRATIONS · PRE-K TO GRADE 3

# Thanksgiving & Gratitude

Celebrating what we're thankful for

## Thanksgiving around the world

Many countries have special days for saying 'thank you' for good things in life. In the USA and Canada, it's called Thanksgiving. Other places have harvest festivals. They're all about being grateful.

## Gratitude celebrations

Country	Festival	When	Focus
USA	Thanksgiving	4th Thursday in November	Family meal, gratitude
Canada	Thanksgiving	2nd Monday in October	Harvest, family time
UK	Harvest Festival	September/October	Food donations, community
Germany	Erntedankfest	October	Thanksgiving church service
India	Pongal/Makar Sankranti	January	Harvest celebration

## What people give thanks for

<p><b>Family &amp; friends</b></p> <p>The people who love us, help us, and make us laugh.</p>	<p><b>Food &amp; home</b></p> <p>Having enough to eat and a safe place to live.</p>
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<b>Health &amp; ability</b> Being able to run, play, learn, and grow.	<b>Learning &amp; opportunities</b> School, books, chances to try new things and discover what we love.
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### Gratitude tree activity

Draw a tree trunk and branches. On each leaf, write or draw one thing you're grateful for. Color the leaves and cut out your tree to display.

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### Three things I'm grateful for today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Gratitude practice ideas

- Say 3 things you're thankful for at dinner
- Write thank-you notes to people who help you
- Help others as a way of saying thanks
- Keep a gratitude journal — write one good thing each day
- Say thank you more often, even for small things

