

NOVEMBER 2011

Prevent Child Abuse Illinois' 20 Ways

20 Ways to Give Thanks and Nurture Gratitude

Thanksgiving is a time to remember all the things we have to be thankful for and gives us the opportunity to teach our children about gratitude.

1. Tell family members and friends why you are thankful for them.
2. Read a Thanksgiving story with your family on Thanksgiving day.
3. Invite a neighbor or friend to join in your Thanksgiving meal.
4. Show your appreciation to your babysitter, child's teacher, mail carrier or others by baking them cookies.
5. Help other families in your community by donating food to a local food pantry.
6. Send a care package or donate items to those serving our country.
7. Prepare a Thanksgiving basket filled with special treats to give to a family or favorite charity.
8. Make a Thanksgiving tree using construction paper and have each family member write down what they are thankful for on the leaves.
9. Give back to your community by volunteering at a local charity, food pantry or senior center.
10. Go around the dinner table and have each member tell their favorite family memory. This will bring lots of smiles and laughs as memories are shared.
11. Do a family project of writing a poem about what you are thankful for.
12. Have a basket with pen and paper so that throughout the month family members can jot down things they are thankful for. Small children can draw or cut out pictures from magazines.
13. Talk to your children about how to show thanks. Have them write a note to thank teachers, grandparents or others.
14. Gather old toys and clothes and donate them to a homeless or battered women's shelter or a thrift store.
15. Do something unexpected for someone you love.
16. As a family, thank a veteran in honor of Veteran's Day.
17. Look for small things in your life to be thankful for and appreciate them.
18. Give your time and energy to someone who may need it.
19. Smile and say hello to someone you don't know.
20. Tell your children how special they are and that you are thankful for them.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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13	14	15	16	17	18	19
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27	28	29	30			



PREVENT CHILD ABUSE ILLINOIS

528 South Fifth Street
Suite 211
Springfield, Illinois
62701

Phone: 217-522-1129
Fax: 217-522-0655

www.preventchildabuseillinois.org
www.facebook.com/#!/preventchildabuseillinois