

Gratitude Practices for Thanksgiving or Anytime

1. The Gratitude Basket - Collect rocks and place them in a basket with a Sharpie. Have everyone around the table write one thing on a rock that they are grateful for this year.

Our family started collecting rocks on Monday and writing down things they are grateful for throughout the week. As an added bonus, each time my kids have argued with one another this week, I have made them use the rocks and write down 3 positive things about the other person. By the time they are finished they are usually laughing!

2. The Gratitude Napkin - I found this idea on www.peacefuldaily.com. The idea is to pass a white napkin and pen around the Thanksgiving table. Have each person write down their name, date and what they are grateful for. It's a great tradition and you can frame them from year to year and hang them up during Thanksgiving.

3. Gratitude Place Setting - Place a card at each place setting with a pen and have each person write something down they are grateful for. Pass them around during dinner.

4. Gratitude Letter - This year before you sit down to Thanksgiving dinner take the time to write to each person that will be present at your table. Share all the reasons you are grateful for them and leave it at their place setting.

5. Sponsor a Family- There are many organizations that can connect you with a family in need. This is a great opportunity for your whole family to get involved and bring dinner to a family in need.

6. Volunteer at a Homeless Shelter- Before you sit down to your own Thanksgiving table take your family to a homeless shelter and dish up a holiday feast for those without a home this season.

7. Give - Most of us have more than we will ever need. This month take time to go through your belongings and donate any extra clothing, shoes, coats and/or home goods to your local goodwill or ARC.