

Freedom's Feast **THANKSGIVING**

resources to get the most out of your **THANKSGIVING** celebration.

The Thanksgiving Reflection Exercise is a wonderful activity for all ages and works in multiple settings. Consider these options for your school or college :

- Invite students to write Thanksgiving reflections to share with their school communities or with families at home.
- Share reflections on multiple platforms: newsletters, posters, websites, bulletin boards, readings (recorded or not).
- Religious educators may find this an especially meaningful intra and multi-faith exercise.
- Ask students to post their reflections online through social media.
- Display Thanksgiving Gratitude Plates students may have made along with reflections.

Please share your results with us on [Facebook!](#)

Thanksgiving Reflection Exercise

Try writing a Thanksgiving reflection to share with your family on Thanksgiving. A reflection can be an observation, an expression of gratitude, a blessing, or a prayer. Most of us may not think of ourselves as writers. To write a reflection, we just have to think about the occasion and what's in our hearts that we want to express. Sometimes our reflections are private and sometimes we choose to share them with others.



THANKSGIVING

To get started, consider these questions and the sample Freedom's Feast reflection.

Questions

1. When you imagine people gathered for your Thanksgiving celebration, what are you grateful for that allows them to be there?
2. When you think about your life as an American, what are three things that you most cherish?
3. When you think about the past year, what were the worst and best things that happened to your family? What do you hope for in the coming year because of those things?
4. What makes this holiday different from all others for you and your family?

A Freedom's Feast Thanksgiving Reflection

For the smiles at this gathering

And the food we are about to eat.

For all the lessons we have learned:

The questions asked

And still unanswered.

The pride of success

And the growth through failure.

For the freedom to wander

In our minds

And wherever our feet may carry us.

For the responsibility we have to protect others with our care

And the gratitude we feel for those who work to protect us.

For the opportunity to pursue our passions

And the chance to be changed by them.

For the gift of a government that belongs to us

And the blessing of a land whose wondrous bounty depends upon our care.

For the chance to offer our gratitude

in our own way

in our own faith

in our own time.

Together we say

Thank you.