



HOW TO MAKE THE MOST OF... **THANKSGIVING**

Holidays are meant to be a break, a time when work and school go on the back burner, teams and clubs have a lull in the schedule (sometimes), families relax and enjoy extra time with the ones they love most. But we all know that holidays more often turn into stress-filled days trying to make everyone happy and counting down the minutes until you can go back to your normal 9 to 5.

This Thanksgiving, make sure you have at least one meaningful (and enjoyable!) moment with your kids. Block out a few hours or a whole day to enjoy age-old family traditions or make new ones with some of our favorite (and simple!) Thanksgiving ideas:

THANKSGIVING SCRAPBOOK. Have your kid pick their favorite family photo from this past year. Paste it to the middle of a scrapbook page and have each family member write what they are most thankful for around the photo. Continue the tradition next year (and the next) by adding one page/photo a year!

THANKSGIVING PUMPKIN. On November 1, place a pumpkin and a Sharpie® marker in the middle of your dinner table. Throughout the month, encourage your family members to write the things they are most thankful for on the pumpkin.

THANKSGIVING TRIAL-RUN. If your last Thursday of November will be a hectic gathering of second cousins and great aunts, plan a mini-feast with just your immediate family on the first Thursday of the month! Have your kid(s) help out in the kitchen as you make smaller portions of your favorite Thanksgiving foods. Don't forget the pie!

BRANCH OUT. If you are too far from your extended family to celebrate the big day together, make your Thanksgiving extra special by inviting others to join you. Local college students, an elderly neighbor, or even another family you know who is far from extended family are all people who might be needing a big feast.

TURKEY TROT. Many communities have a local fun run on Thanksgiving morning. It's a great way to get outside and active during a time of year you might usually be confined indoors. If you don't have a local Turkey Trot, organize one in your neighborhood. Don't forget to bundle up and stretch!



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