



**New
Rainbow
Education
LLC**
Newsletter

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Thanksgiving is a great time to be thankful for all the blessings we have in our life.

But it shouldn't be the only time when we are grateful. Practicing gratitude can make your Thanksgiving holiday and overall health even better. Some of the benefits of gratitude include:

- Lower aggression and increased empathy
- Better physical and psychological well-being
- Better sleep
- Improved resilience
- Higher self-esteem
- Reduced depression
- Better immune system
- Longer life span

If you haven't been practicing gratitude lately, then November is a great time to begin with some gratitude practices to improve your relationships and life.



Did you know? Thanksgiving was officially created as a holiday by the U.S. Congress in 1789 when the first National Thanksgiving Proclamation was issued by President George Washington. He made it a day of public thanksgiving under the new Constitution. And so, the first official Thanksgiving was held on Thursday, November 26, 1789.



3 Gratitude Exercises: Fun Ways Of Practicing Gratitude With Your Family This Thanksgiving

Here are some gratitude exercises to truly celebrate the things you are thankful for.

Gratitude Jar:

- Set up a Gratitude Jar at the center of your Thanksgiving gathering.
- Provide colorful slips of paper and pens.
- Ask each family member to write down something they are grateful for and place it in the jar.
- During the meal or afterward, take turns reading the notes aloud and sharing in the joy of gratitude.



Gratitude Tree:

- Create a Gratitude Tree using craft supplies – paper, markers, and a small tree branch.
- Cut out leaf-shaped pieces of paper.
- Have family members write down what they're thankful for on each leaf.
- Attach the leaves to the tree, creating a visual representation of your collective gratitude.

Thanksgiving Thank-You Cards:

- Provide materials for making thank-you cards.
- Ask each family member to write a note of gratitude to someone else in the family.
- Share the cards during the meal or as a pre-dinner activity.
- Expressing gratitude directly to one another adds a personal touch to the Thanksgiving celebration.

