



Thanksgiving Gratitude Activities

Coloring Prompt:

Draw something you are thankful for! It could be a person, a place, a food, a pet, or anything that makes you feel happy.

Infants & Toddlers (0–3 years): Thankful Texture Exploration

- Create a basket filled with safe, interesting textures.
- Let children explore while adults label textures.
- Builds vocabulary and sensory awareness.

Preschoolers (3–5 years): Thankful Turkeys Collage

- Provide paper feathers and a turkey template.
- Children draw or dictate things they are thankful for.
- Encourages fine-motor skills and emotional expression.

School-Age Children (6–10 years): Gratitude Scavenger Hunt

- Give children a list of gratitude-themed items to find.
- They draw or write about each item.
- Supports reflection and mindfulness.



Family Thanksgiving Gratitude Activities

1. Family Gratitude Placemat

Create a shared placemat where each family member draws or writes one thing they are thankful for. Laminate to use year after year!

2. Thankful Walk

Take a short walk together and point out things in nature or the neighborhood that bring joy or comfort.

3. Gratitude Jar

Keep a jar and small slips of paper on the table. Throughout the week, family members add things they're thankful for. Read them together on Thanksgiving.