

Happy *Thanks Giving*



The Dinner Table Project *November 2017*

Americans' "First Thanksgiving"

The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and—as accounted by attendee Edward Winslow—it was attended by 90 Native Americans and 53 Pilgrims.

Developmental Assets

The Search Institute has created 40 assets that have been proven to help children grow up to be caring and responsible adults. Please go to thedinnertableproject.com/developmental-assets for the full list.

Integrity

It is important that the caregiver help the child develop his or her own sense of right or wrong behavior.

TIP:

Know what you stand for so your child knows.

Parents with clearly identified moral convictions are more likely to raise good kids. Because their kids know what their parents stand for and why they do, their kids are more likely to adopt their parents' beliefs. So begin by asking yourself what virtues and moral beliefs matter most to you. Make a list, then narrow them to your top three. These will become your personal moral code and guide you in how you will raise your child. It's also the best way to help your child develop his own moral beliefs.

<http://micheleborba.com/seven-tips-to-build-strong-character-and-help-kids-stand-up-for-their-moral-beliefs/>

Honesty

It is important that the caregiver encourage a child's development in recognizing and telling the truth.

TIP:

Use the age-old fable of "The Boy Who Cried Wolf" when teaching your child about telling the truth. This tale is a simple way to teach the importance of always being honest.

"The Boy Who Cried 'Wolf'" is one of Aesop's fables. A young shepherd would trick his fellow villagers by shouting for help, pretending that wolves were attacking his sheep. Several times the villagers rushed to his aid, only to find the shepherd laughing at them. One day, some wolves actually came and the villagers did not believe the boy so no one came to help when the sheep were actually being attacked by wolves.

Responsibility

It is important that the caregiver encourage the child to accept and take responsibility for his or her actions at school and at home.

TIP:

Create a "Consequences Chart" together to display at home. Children need to play a part in their punishment and to help the caregiver create a fair and balanced system for their negative actions. For example: A bad grade on a test equals one evening without TV or electronics.

Thanksgiving is held on the final Thursday of November each year.

Sarah Josepha Hale, an American magazine editor, persuaded Abraham Lincoln and campaigned for 20 years to get Thanksgiving made a national holiday.

In 1863, President Abraham Lincoln designated the last Thursday in November as a national day of thanksgiving.



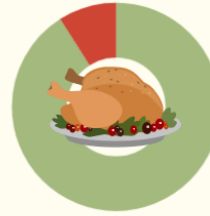
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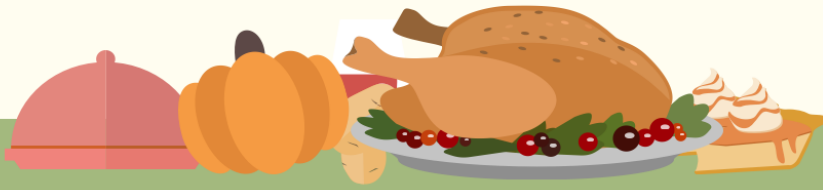
Why we eat what we eat on Thanksgiving?

Sarah Josepha Hale also wrote various recipes to be used for Thanksgiving dinner such as pumpkin pie, turkey and cranberry sauce.

91% of Americans eat turkey on Thanksgiving.



47% of Americans for whom the word "comforting" comes to mind when they think of pie.



Easy, No Fail Turkey Meatloaf

What you'll need:

- 2 pounds ground turkey, thawed (or used extra lean ground beef)
- 1 egg
- 1 onion, finely chopped
- 1 cup milk
- 1 ½ cup dried bread crumbs
- Salt and pepper to taste

Sauce:

- 3 tablespoons brown sugar
- 3 tablespoons prepared mustard
- 1/3 cup ketchup



Directions:

Preheat oven to 350. In a large bowl combine the turkey burger, egg, onion, milk, bread crumbs, and salt and pepper. Using hands, form into a loaf and place in a lightly greased meatloaf pan (bread pan). Sprinkle top with another dash of salt and pepper. In a separate bowl combine brown sugar, mustard and ketchup. Pour over the top of the meatloaf, spreading evenly. Sprinkle a little bit of brown sugar over the top of sauce. Cover with foil and bake for about one hour or until cooked through.

<https://boysahoy.com/easy-no-fail-meatloaf/>



Dinner Table Game ABC's of Gratitude

ABC's of Gratitude – This is a fun game to start and continue throughout the week. Each family member shares what they are grateful for but in alphabetical order. So the first person might be thankful for apples, then the next person may be thankful for books, and so on until you go from A to Z! Sound difficult? Try it and see.



Conversation Starters

What is your favorite thing about the holidays?

What is one thing you wish you could do over winter break?

What is your favorite dish/food at Thanksgiving dinner?

What is your favorite thing to do inside when it's too cold outside?

What person at your school are you most thankful for and why?



Health

Let's Talk About Sleep



Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body.

Create a relaxing bedtime routine, such as listening to soft music or soaking in a warm bath. Avoid watching TV or using your computer just before bedtime and turn the lights down low an hour before you turn in for the night, as it will boost the release of melatonin in the brain.

Also try to go to bed and get up at the same time every day, even on weekends.

<http://www.bodyandsoul.com.au/health/health-advice/5-steps-to-staying-healthy-in-winter/news-story/df8b268bf97e2b2d7c8165c5799b13aa>

