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Thanksgiving Traditions that Make Memories

By Teresa Hansen

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Thanksgiving is a time of family, food and fun. Here are some ideas of traditions you can start that will give you those "warm fuzzy feelings" for years to come!

·Watch the parade on TV or make an effort to attend the parade. Don't forget a thermos of hot chocolate

·Family Portrait Time—use this picture for Christmas cards

·Decorate with: gourds, indian corn, corn stalks, pine cones, fall leaves, cornucopia, a large pine cone turkey with feathers

·As family gathers, this is an excellent time for making a personal history video helping to connect the generations. Ask questions such as:

- What was life like when you were our age?
- What were your parents like?
- What were your brothers, and sisters like?
- What was your happiest memory as a child? your saddest?
- How did you and your spouse meet?

Ask the interviewee to bring along momentos or pictures for your children to look at.

Here is a great webpage full of other interesting questions to ask.

http://articles.scrapbooking.com/family_history.htm

·Break out the Christmas music

·Watch a favorite holiday movie each Thanksgiving to bring on the Christmas season such as: It's a Wonderful Life, Miracle on 34th Street, The Santa Clause, Little Drummer Boy.

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About the Author Teresa Hansen is the creator of www.momsmakingit.com sharing creative ideas to save time, save money, and enrich your life! Visit <http://savemoney.momsmakingit.com> for your free e-guide "Moms Making It! 111 Great Money Saving Ideas!" She is a wife and mother of five children.

Family Bonding Activities for Thanksgiving.

By Susan Dunn

Family Bonding Activities for Thanksgiving. by Susan Dunn, M.A., Professional Coach

Permissino to reprint and change title.

There are three main themes for Thanksgiving: gratitude, the harvest, and family. We can lose track of these things when we're busy preparing for company and big meals, and Christmas shopping, and the kids are out of school too! Here are some ways you and the family can share some time recapturing the meaning of Thanksgiving, or even start some new traditions.

Let each member of the family make a list of things they're grateful for. Read the lists before the meal and save them for memories in years to come.

Start a "thanks" journal you'll keep all year.

Instead of writing down problems and concerns, write down the things you're grateful for.

Think harvest! Make a trip to your local Farmers Market or Produce Row to take photos, have fun, and support the people who feed us all!

Spend the long weekend on family projects such as making a Family Tree. For help, visit

, or check out the Family Tree maker on

.

How about some family crafting for Thanksgiving? There are some great crafts ideas

to do with

the kids, plus recipes, songs, and learning activities, even computer worksheets for older "kids".

Put the family photos in order, and share some memories and tales. Go

to learn the basics of

scrapbooking. Take the time to sort them by date, and write on the backs who all the people are.

Make some "Corny" Table toppers. Find directions

-- Thanksgiving place cards and napkin rings.

Make some "Good Manners Napkins." This is so sweet! All you need is cloth napkins, pieces of paper, pencil, fabric markers, and scissors to write on napkins "Use your napkin," or "Chew with your mouth

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closed." Go

!

Make Color Me Thankful Posters for each guest at Thanksgiving table. Download poster and instructions

.

Did you know Sarah Josepha Hale, an acclaimed author and editor lobbied for 23 years before she got President Lincoln to establish Thanksgiving as a national holiday in 1863? Spend some evenings reading about the history and traditions of Thanksgiving. Here's

with information.

Try some of these family bonding activities to share the season and appreciate it, and one another, more.

Susan Dunn is a professional life coach who helps clients in transition, career, and personal matters. Visit her on the web at www.susandunn.com. Mailto:sdunn@susandunn.cc for FREE ezine. Put "ezine" for subject line.

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