

# The power of Thanksgiving (a worksheet)

## Activity 1

*Look at the picture. Which American holiday does it show? What do you know about the history and traditions of this holiday?*



## Activity 2

*Read about the history of Thanksgiving and put the events in the correct order:*

- A. The Pilgrims were thankful for the harvest and held a Thanksgiving celebration to which they invited the Wampanoag. They had a feast for three days and engaged in diplomacy.
- B. 1534, King Henry VII of England became the head of the new Church of England and refused to let people go to the church of their choice.
- C. The people who didn't accept this were treated poorly over their beliefs and left England to gain religious freedom. They became known as Separatists or Pilgrims.
- D. The local inhabitants, the Wampanoag Indians, decided to help the pilgrims and taught them to grow crops in America. Without their help, the Pilgrims would have had little to eat.
- E. When the Separatists/English arrived in America, they met harsh conditions and hunger.

F. Thanksgiving in America is now celebrated on the fourth Thursday in November. Families prepare a meal similar to the meal prepared by the Pilgrims and Wampanoag 400 years ago. It is a time for counting the blessings we have received during the year and for spending time with family and friends.

G. The menu for the first Thanksgiving included venison, or deer meat, and fowl, which included ducks, geese, and turkeys. Fish, cornmeal, fruits and vegetables were also served. Games were played, and singing and dancing were also part of the celebration. Praises were given to God for the harvest and for the Pilgrims that survived the harsh winter.

Adapted from "[The First Thanksgiving](#)"

## Activity 3

*Discuss with your partner:*

1. Why do you think people continue to celebrate Thanksgiving Day in the 21st century?
2. Tell about a time when someone thanked you for something. How did you help them? How did you feel when they thanked you? How would you have felt if they hadn't said thank you?
3. What act of kindness has made the greatest difference in your life?
4. What does gratitude mean to you and why is it important to express it?

## Activity 4

*Complete the quotes about gratitude with words from the box.*

### **Johannes A. Gaertner: a German and American Author**

*Speak   live   enact*

"To \_\_\_\_ gratitude is courteous and pleasant, to \_\_\_\_\_ gratitude is generous and noble, but to \_\_\_\_\_ gratitude is to touch Heaven."

### **Melody Beattie: an American author**

*order   feast   past   home   today   acceptance   friend   clarity   tomorrow*

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into \_\_\_\_\_, chaos to \_\_\_\_\_, confusion to \_\_\_\_\_. It can turn a meal into a \_\_\_\_\_, a house into a \_\_\_\_\_, a stranger into a \_\_\_\_\_. Gratitude makes sense of our \_\_\_\_\_, brings peace for today, and creates a vision for tomorrow."

### **Meister Eckhart: a German theologian**

*Thanksgiving   virtue   prayer*

"If the only \_\_\_\_\_ you said in your whole life was, 'Thank you,' that would suffice."

