



## Thanksgiving: Beyond Turkey and Being Thankful

Ask your children what Thanksgiving is all about, and chances are their first response will be an excited “Turkey!” Thanksgiving has gotten somewhat lost as a holiday, a bookend between the candy and costumes of Halloween and the lights and presents of Christmas. However Thanksgiving is a perfect time to count our blessings and focus on helping our children develop an “attitude of gratitude.” Gratitude is defined as a feeling of thankfulness and appreciation and a time to teach our children how to show and express their thanks.

When a family is affected by cancer it can be hard to remember the importance of being thankful. A cancer survivor is anyone living with a history of cancer. This includes newly-diagnosed survivors as well as long-term survivors. Family members and caregivers are also included. Survivors need more resources—financial, emotional, informative and supportive. They need comprehensive follow-up care, symptom management, spiritual and emotional support. They need more information about adopting and maintaining healthy lifestyles. The Wellness Community extends the reach of meaningful resources to Central Ohio families touched by cancer, and to ensure no one has to face cancer alone.

Thanksgiving is a time to be thankful and show your own APPRECIATION to your family! Tell your children when you appreciate an act of kindness from them and good deeds by children to others.

The Wellness Community wanted to share some fun ideas to help your family and children express their thankfulness:

**THANKFUL BOOKS:** Have your children make small books showing things they are “Happy to Have”. Give each child four half-size pieces of paper. Have them draw a picture on each paper of something they are happy to have. Help them add covers and staple the pages together. Write “I Am Thankful for.....” on the cover of each book. They can decorate the covers of their books if they wish.

**THANKFUL FEATHERS:** Cut out some colorful paper feathers. Have each child write what their thankful for on the feather along with their name. Let your children glue their feathers on a large wall mounted paper turkey.

Recently at The Wellness Community the *Kids in the Kitchen* were busy cooking their own Thanksgiving Day dinner with their family and friends in the Wellness Kitchen, learning a great lesson of “Thanks and Giving.”

**We invite you and your families to join us for the next Family and Children’s program:  
December 13, 5:00-6:30 p.m. for Healthy, Fun Edible Holiday Gifts**

**The Wellness Community-Central Ohio celebrates and gives thanks for each and every cancer survivor, and invite you and your family to participate in our cancer wellness programs provided at *no cost*. For more information please call, 614-791-9510.**