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YOUTH HEALTH BULLETIN

NOVEMBER 2011

Reprinted by:
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BE THANKFUL!

Wally Cat LOVES the holidays! After Halloween, Thanksgiving is quick to arrive. He enjoys spending extra time with his family and friends. Do you like to spend extra time with your family and friends? This year, Wally Cat wants to make sure that everyone knows exactly how thankful he is for them!

There are many ways that Wally Cat shows his family that he is thankful for them.

Wally Cat talks to his family about the traditions that they have during the holidays.

Traditions are the way something is done year after year. Wally Cat and his family always eat a meal together and there are certain foods that they always have on the table.

Wally Cat's family also decorates the house every Thanksgiving. This year, Wally Cat is very excited to help decorate.

Some of the more common traditions for Thanksgiving are:

- Cooking a special meal for Thanksgiving
- Calling faraway relatives

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- Adding handprints or notes to a keepsake tablecloth
- Playing a family touch football game
- Starting to decorate for Christmas the day after Thanksgiving

Wally Cat writes a note to tell his family why he is thankful for them. This year Wally Cat decided that he would write notes to tell each family member how much he loves them and why he is so thankful for them. Thanksgiving is a good time to tell everyone in your family why you love them so much.

Wally Cat helps in the kitchen. Wally Cat's home is usually very busy during the holidays and especially at Thanksgiving. This year he is going to ask and see if he can help in the kitchen. Wally Cat made a list of things that he can do to help: stir foods that need mixing, bring out ingredients needed for cooking, bring the dishes in from the table after eating, washing some dishes, sweeping the floor and anything else that he is asked to do! Can you help in the kitchen this year?

Make sure to listen to others in your family and ask if you can help!

DID YOU KNOW?

- 91 percent of Americans eat turkey on Thanksgiving Day.
- Benjamin Franklin wanted the national bird to be a turkey.
- The first Thanksgiving lasted for three days.



Spending time with family and friends can be a lot of fun. Try these activities together this year.

Thankful Turkey

Pass out feather shaped pieces of paper to everyone. Let everyone write down 3 or 4 things that they are most thankful for this year. When everyone is sitting at the table, have everyone talk about the four things they are most thankful for and why.

Leaf Hunt

After eating, go for a walk and collect leaves of different shapes and colors. The person that collects the most leaves gets a special treat.

Where's the Turkey?

Use a small toy turkey.

To start, one person leaves the room while the turkey is hidden. Then call the seeker back and direct him or her toward the turkey saying "gobble, gobble" instead of "warmer" and "giblet, giblet" instead of "colder." Once the turkey is found, a new seeker is named, and the game repeats.

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