

THE THANKSGIVING SEASON™ ACTIVITY GUIDE

Four Weeks. Countless Ways
to Reflect, Appreciate, Express, and Connect.



FRIENDSGIVING



Celebrate
friendships and
chosen family.



VETSGIVING



Honor service
and those who
serve others.



FAMGIVING



Strengthen
family bonds
and traditions.



SOULGIVING



Nurture your
heart, purpose,
and personal
growth.



ONE SEASON. MANY REASONS. ONE PURPOSE.





WELCOME



The Thanksgiving Season™ expands Thanksgiving from one day into four meaningful weeks.



Each week invites us to focus on a different relationship that shapes our lives and makes our world stronger, kinder, and more grateful.



Use this guide to bring more purpose, connection, and joy to every week of the season.

Let's make this our best Thanksgiving Season yet!



WEEK 1
FRIENDSGIVING
Celebrating friendship and chosen family.



WEEK 2
VETSGIVING
Honoring service, sacrifice, and commitment.



WEEK 3
FAMGIVING
Strengthening family bonds and traditions.



WEEK 4
SOULGIVING
Nurturing your heart, purpose, and gratitude.

HOW TO USE THIS GUIDE



- 1 Choose activities that fit your time, energy, and interests.
- 2 Pick from the Individual, Family, or Community activities.
- 3 You do not need to do everything. Even one activity can make a difference.
- 4 Use the reflection pages to capture your thoughts and experiences.
- 5 Listen to our songs for each week to inspire and deepen your journey.

REMEMBER



Small actions, when done with a grateful heart,
create a meaningful impact.



THE THANKSGIVING SEASON™ AT A GLANCE



Four weeks. Four focuses. One purpose.



WEEK 1 FRIENDSGIVING

Celebrate the friends and people who walk with you through life.



WEEK 2 VETSGIVING

Honor those who serve and protect our freedoms and communities.



WEEK 3 FAMGIVING

Strengthen family bonds and carry forward the traditions that matter most.



WEEK 4 SOULGIVING

Nurture your heart, grow in purpose, and live with gratitude.

Every week brings us closer together. 

WEEK 1

FRIENDSGIVING

Celebrating friendship and chosen family.



Friends are the family we choose.
This week is about celebrating the people
who encourage us, stand by us, and
make life brighter.



FOCUS: Connection • Appreciation • Kindness

WEEK 1: FRIENDSGIVING ACTIVITIES



INDIVIDUAL

Send a gratitude text to 3 friends.
Let them know how much they mean to you.



FAMILY

Create a "Friendship Story Night."
Share stories about special friends who have impacted your life.



COMMUNITY

Host a coffee meetup, game night, or gathering to build and strengthen community friendships.



BONUS CHALLENGE

Reconnect with someone you haven't spoken to in a while.



LISTEN & REFLECT

SONG: My Rolling Crew

Scan to listen!



Think about the friends who have and shape your life.
After listening, write down one friend you're grateful for
and one memory you'll never forget.

WEEK 2

VETSGIVING

Honoring service, sacrifice, and commitment.



This week we honor veterans and all who serve.
Their courage and commitment make our
communities stronger and our lives possible.



FOCUS: Gratitude • Respect • Honor

WEEK 2: VETSGIVING ACTIVITIES



INDIVIDUAL

Write a thank-you note to a veteran or someone who has served others.



FAMILY

Interview a veteran and listen to their story.
Learn about their experiences and sacrifices.



COMMUNITY

Volunteer together as a family or group.
Support organizations that serve others.



BONUS CHALLENGE

Share a veteran's story on social media or with your community.



LISTEN & REFLECT

SONG: Service Never Ends

Scan to listen!



Think about the people whose service continues to make your moments possible.
After listening, reflect on who has served your life.

WEEK 3

FAMGIVING



Strengthening family bonds and traditions.



Family is where our story begins.
This week is about building memories,
honoring traditions, and deepening our
connections at home.



FOCUS: Family • Tradition • Legacy

WEEK 3: FAMGIVING ACTIVITIES

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INDIVIDUAL

Call a relative you haven't connected with recently. Let them know they are loved.



FAMILY

Complete the Family Recipe Ranking Worksheet together (see Discussion Guide). Talk about what makes your family strong.



COMMUNITY

Host a family storytelling event or potluck. Invite others to share and connect.



BONUS CHALLENGE

Create a new family tradition that your family will look forward to every year.



LISTEN & REFLECT

SONG: Family Recipe

Scan to listen!



Think about the traditions, values, and relationships that make your family unique. After listening, discuss which ingredient is strongest in your family.

WEEK 4

SOULGIVING



Nurturing your heart, purpose, and gratitude.



You cannot pour into others from an empty cup.
This week is about caring for yourself, growing
in purpose, and living with a grateful heart.



FOCUS: Gratitude • Growth • Purpose

WEEK 4: SOULGIVING ACTIVITIES

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INDIVIDUAL

Start or continue a gratitude journal.
Write 3 things you're thankful
for each day.



FAMILY

Create a gratitude circle. Share what
you're thankful for together each week.



COMMUNITY

Lead or join a gratitude challenge in
your church, school, or neighborhood.



BONUS CHALLENGE

Write a letter to your future self.
Open it next Thanksgiving.



LISTEN & REFLECT

SONG: Celebrate You

Scan to listen!



Take a moment to recognize your growth, resilience,
and blessings. After listening, write down one thing
you're proud of and one goal for the year ahead.

WEEKLY REFLECTION

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WEEK 1 FRIENDSGIVING

What friendship or connection
am I most grateful for?

WEEK 2 VETSGIVING

Who has served or supported
me in a meaningful way?

WEEK 3 FAMGIVING

What family moment or
tradition am I most grateful for?

WEEK 4 SOULGIVING

What am I learning about myself
and my purpose?

Take a few minutes each week to reflect and grow.



TAKE THE THANKSGIVING SEASON CHALLENGE!



Choose at least one activity from each week
and make it happen!

WEEK 1

FRIENDSGIVING

☐ Completed

WEEK 2

VETSGIVING

☐ Completed

WEEK 3

FAMGIVING

☐ Completed

WEEK 4

SOULGIVING

☐ Completed



Small actions.
Big impact.
Lasting memories.

WHEN GRATITUDE
BECOMES ACTION,
*Thanksgiving
Becomes a Season.*



Thank you for making this season
more meaningful for yourself,
your family, and your community.

*Keep reflecting. Keep appreciating.
Keep connecting.*



THE THANKSGIVING SEASON™

SHARE YOUR EXPERIENCE



Inspire others by sharing your story!



Your favorite activity



A short story



A photo (optional!)



Visit

stories@thethanksgivingseason.com
or scan the QR code to share.

