

This Thanksgiving, I'm thankful for this tasty feast,
and all the goodness in my life!

The Main Dish fills my belly,
just like _____
fills my life with joy and
happiness.

(Ex. Family, faith, friends, activities, pets.)

Pie: Life is as sweet as pie
with a slice of _____

(Ex. Family member, friend, toy, activity.)



The Cranberry Sauce
adds a zing, just like
_____ adds extra
fun to my life!

(ex. Friends, toys, sports, pets.)

The Mashed Potatoes are
warm and fluffy, just like
_____ makes
me feel cozy and safe.

(Ex. Home, stuffies, hug from someone)

The Gravy on top makes
everything better, just like
_____ makes
everything a little better!

The Veggies help me grow
strong, just like _____
helps me grow into the
person I want to be.

The Salad is full of healthy
stuff, just like _____
keeps me healthy and happy!

((Ex. Do you have a healthy habit?))

The Stuffing fills in the meal
just like _____ fills
me with joy and laughter.



Did you know that practicing gratitude can actually lead to smarter money choices?

Research shows that **focusing on what we already have makes us more patient and less likely to spend on things we don't need.**

A study from Northeastern University found that **gratitude helps people wait for bigger rewards, like saving for something important, rather than spending impulsively on smaller, less meaningful items.**

By teaching kids to appreciate what they already have—family, toys, and experiences—we help them understand that **happiness doesn't come from buying more things.** This simple practice fosters contentment and helps build lasting saving and spending habits.

We hope you enjoy our Gratitude Feast activity! Have your **kids fill out the worksheet and share it at the Thanksgiving table** to spread the spirit of thankfulness.

Happy Thanksgiving

from our family at Timberland Federal Credit Union
to yours!



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