

# LEAP

Life Enrichment Activity Program



## Activity Tip

**Social / Intellectual Activity**

### ***Thankful Tree***

Have residents get together with friends and neighbors to kick the holiday season off! With Thanksgiving approaching, it's easy for residents to both feel the love and hope of the season, as well as feel some sense loss for times past. Helping residents to focus on the things for which they feel thankful can help to keep them positive and to find joy this season.



Try hanging a Thankful Tree in your community! Each resident and staff member can write something for which they're thankful on a card and then hang it on the tree. When it's complete, hang the tree from the ceiling, a mantle or anywhere that it will be visible to residents, staff and other visitors to your community.

What you need:

- o Tree branch
- o Decorative note cards
- o Pens / pencils
- o Hole punch (unless the note cards already have a hole)
- o String
- o Paint to coat the branch if you want it to be a different color

(see pg 2)

# *Discussion Starters*

- What's the happiest Thanksgiving memory of your childhood?
- What do you enjoy most about the Thanksgiving holiday?
- What's your favorite Thanksgiving food?
- Who is the most consistently grateful person you know?
- What's the one experience for which you are most thankful this year?
- What's the one book, article, or blog post for which you are most thankful this year?
- What's the one thing you've learned this year for which you are most thankful?
- If you could thank one person today—near or far, living or dead—for their influence on your life, who would that person be?
- Who's one person you've never thanked for their contribution to your life, but would like to?
- For what do you feel most grateful today?

Note: invite resident friends and family to join the activity!