



Make This Thanksgiving Meaningful

By: Sarah Lyons

November 2024

When we think of Thanksgiving Day, delicious food, football, and getting together with family and friends come to mind. The original purpose of Thanksgiving was to show gratitude and give thanks for a bountiful harvest. Now as we celebrate Thanksgiving it is easy to get caught up in distractions like football games, Black Friday shopping, and the quest for the perfect meal and table settings. We tend to forget all about stopping to give thanks for all of our blessings. Make this Thanksgiving meaningful by starting some family traditions that help everyone in the family stop and count their blessings

MAKE A LIST

One way to remember your blessings is to acknowledge them. Go around the dinner table and have each person name something they are thankful for. This could be done each night at dinner during the month of November or for the week leading up to it. On Thanksgiving Day, have all your guests do the same. It is heartwarming to give thanks for the blessings we have. Looking for a more concrete idea? Have everyone write down or draw a picture of what they are thankful for. After everyone shares their paper, place them all in a three-ring binder. Each year add to the binder and reflect on all the blessings of the past. “We do a Thankful Tree throughout November.” says Stephanie Loux, mom of three. “I draw a tree to tape on our pantry door and the kids cut out leaves from construction paper. Each night we all write one thing we are thankful for on a leaf and tape it to the tree. Kids can be grateful for a variety of things from butterflies to Elsa. We look forward to this tradition every year.”

DONATE TO CHARITY

Christmas is right around the corner and many kids will receive new items as gifts. In anticipation, have the kids help clean their closets and toy boxes and set aside items they no longer need. Donate gently used toys and clothing to a local charity or family in need. This process will not only reduce clutter around the house but it will teach the kid to be generous to those that are less fortunate than they are. In the same spirit, talk with your kids about how some people may not have coats, hats, and gloves to keep them warm during the cold winter months. As a family, collect hats, coats, scarves, gloves, and blankets to donate to a homeless shelter. Gather items you may have in your home that you are no longer using and ask friends and family to do the same. Go to the store and have the kids pick out items they would like to give to another child their age.

TAKE A BREAK

Have each family member take a break from a luxury they enjoy. Ideas may include dessert, manicures, coffee, soda, or a favorite video game or TV show. This exercise reminds us to be grateful for the luxuries that are otherwise taken for granted.

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Please check Procure updates every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

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Caterpillars/Buttercup Butterflies



The Caterpillars are going to explore the different colors around them, focusing on orange, yellow, red and brown to welcome the Fall season. They will also get to explore blocks which are very good at helping to develop eye-hand motor skills. Plus lots of talking, reading and holiday arts and crafts.
-Meme

Happy November! For this month the Buttercups will continue our Autumn exploration through sensory play and nature-based experiences. From finger painting with autumn colors to simple animal sound imitation games to practice language and recognition. We will also continue to introduce simple, age-appropriate social skills like saying “please” and “thank you,” and being gentle with friends. This will encourage basic communication, foster positive interactions and develop early self-regulation skills. This month we will emphasize hands-on activities and sensory experiences, supporting early social skills, language development and a connection to nature.
- Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Happy November Pixie Families! This month we are going to learn about the traditions and celebrations that make our families special! Through fun art, music and sensory activities we will learn about each other. As the weather gets cooler, please remember to bring in jackets for your child! Thank you all!

-Ms. Ashlynn & Ms. Victoria



Elf Butterflies



For the month of the November, Our Elf Butterflies will continue to learn about various forms of transportation and the importance of different roles in our community. As we transition from hot to cool and cold weather, the children will begin to learn about the winter season and the fun activities that we can do in the winter time. Children will also learn about the Arctic, the animals of the Arctic & how to dress for the cold. Children will study these topics through reading various books and fun activities such as building sleds and making snowflakes. We look forward to the cool season.

— Ms. KeAna

Julia Butterflies

Hello Julia butterfly families, this month we look forward to finishing learning about letters P p, B b, and R r, weather, folk music exploration, and art exploration. We also look forward to learning about the letters N n, M m, and H h, introduction to geometry, exploration of animal habits, and hip hop music exploration. Please check your child’s file folder and the soiled clothes bin daily and make sure your child has extra clothes in their cubby in case of accidents or spills. We are so excited for this new month and all the fun learning we will do!

-Mr. Kaliq & Ms. Paige





Ms. Yaxi's 1 Year Anniversary—November 6th
 Ms. Victoria's Birthday—November 28th
 CLOSED for Thanksgiving—November 28th & 29th

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DO A FAMILY SERVICE PROJECT

Set aside time to do a service project as a family. Ideas may include cleaning up trash in a local park, rake a neighbor's leaves, working at a food pantry, purchasing items for a Thanksgiving meal and delivering them to a family in need, organizing a book drive for a local children's hospital, or adopting a family for the holidays. When you volunteer as a family, kids see you helping others and are more likely to continue serving as an adult. Serving in an area that your children are already interested in helps create excitement for the project. If your child loves singing, go caroling at a senior center. If your child loves to play at the park, plant flowers or pick up litter to help maintain its beauty. If they love crafts, make blankets for a homeless shelter. There are many possibilities for children of any age and skill level.

GATHER TOGETHER

Encourage the kids to think of friends and neighbors who may not have anywhere to go on Thanksgiving and invite them to come over for dinner. Discuss the importance of hospitality and welcoming others into your home. If you are not hosting Thanksgiving, consider hosting a brunch the following day and opening your home to friends and family.

INCLUDE LITTLE HELPERS

Thanksgiving dinner preparation is a lot of work. Having the kids help prepare dinner and clean up for company will teach them how much work really goes into preparing a large meal like Thanksgiving dinner. This will teach them appreciation for the work that goes into a holiday meal and also encourage a good work ethic at a young age.

This Thanksgiving, take time to remember what Thanksgiving really means. It's not about Black Friday deals or endless football. It's about giving thanks for what we have, sharing with and serving others, and celebrating with those we love.

OPPORTUNITIES TO SERVE WITH YOUR KIDS

- ❖ Organize a collection drive
- ❖ Fill a food pantry
- ❖ Offer to rake leaves or yard work for a neighbor or friend
- ❖ Bake cookies for friends, neighbors, or take them to the local police or fire station
- ❖ Send care packages, cards, and letters to soldiers overseas
- ❖ Draw pictures for seniors and deliver to an assisted living center
- ❖ Volunteer at an animal shelter
- ❖ Clean up the school grounds or a local park
- ❖ Plant flowers or trees
- ❖ Have a lemonade stand or garage sale and donate proceeds to your favorite charity

Fork Painted Paper Plate Turkey

Make an easy turkey by using a fork! This is a simple art project that the kids can make by themselves. If you're having younger ones do this, you can skip the step where you cut out the turkeys face and add in a brown handprint for the face instead!

Supplies Needed:

- Paper Plate
- Fork
- Googly eyes
- Cardstock paper (Brown, yellow and red)
- Scissors
- Glue
- Paint (Red, yellow, brown and orange)



Instructions:

Step 1: Pour a generous amount of the red, yellow and orange paint on a paper plate to use as your pallet.

Step 2: Dip the tines of a fork into the paint, then press it onto a clean paper plate. Do this for each of the colors you choose for the feathers, until the plate is full of color.

Step 3: Let the paint dry before adding the turkey head and face.

Step 4: Cut a circle out of the brown cardstock for the turkey head. Cut a triangle out of the yellow cardstock for the nose. Cut out a tongue from the red cardstock. Glue them all onto the brown circle to create a face, including the googly eyes.

Step 5: Glue on the turkey head to the paper plate.

Hello
November

Super Supper

Cheeseburger
Pie w/ a
Side Salad
Pick-up day is
Thursday,
November 14th
\$7.00 each

Apple or
Pumpkin Pie
Pick-up days are
November 25th,
26th and 27th
\$7.00 each

**Payment is
due before
pick-up.**

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Find us on



Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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