

Name _____



Personal Harvest Map

Directions: Think about your own life and the holiday season. Answer the questions below to create a map of your favorite memories and the things that make you feel thankful.

Section 1: The Circle of Gratitude

Imagine a circle of people and things that support you every day.

Who is someone you see often that you want to say **thank you** to this year?

What is a **small thing** (like a warm bed or a favorite toy) that makes you feel safe?

What is a **nature sound** or sight (like falling leaves or the wind) that you enjoy?

Section 2: Tradition Treasure

Every family or group of friends has a **tradition**. A tradition is something you do the same way every time a holiday comes around.

What is one **special food** your family eats on Thanksgiving?

Do you help with a specific **chore** or job before the meal starts?

If you could start a **brand new tradition** this year, what would it be?

Section 3: Heartfelt Reflection

1. How does it feel in your **heart** when you think about being thankful? (Use two adjectives like warm, happy, or calm).

2. Why is it important to have a holiday like **Thanksgiving** where we stop and think about our lives?
