

Thanksgiving

30 THANKSGIVING JOURNAL PROMPTS

NAME _____

DATE _____

- 1 What dish do you hope shows up on the table this Thanksgiving, and why that one?
- 2 Describe the smell of a Thanksgiving kitchen you remember, with as many details as you can name.
- 3 Which small thing are you thankful for today that you would usually walk right past without noticing?
- 4 What is your favorite part of Thanksgiving Day that has nothing to do with the meal?
- 5 Picture the table you will sit at this year. Who is in the seat next to you, and what do you hope you talk about?
- 6 What leftover do you look forward to most, and how do you like to eat it the next day?
- 7 Name three people who made your ordinary weeks a little easier this fall, and one thing each of them did.
- 8 What is one Thanksgiving tradition you would happily keep for the rest of your life?
- 9 What did Thanksgiving look like when you were about ten years old? Start with the room you were in.
- 10 Which job on Thanksgiving Day do you secretly enjoy, whether it is peeling potatoes, setting the table or washing the last pan?

- 11 What one small change would make this Thanksgiving feel a little more like yours?
- 12 Write a short thank-you note to someone who will probably never read it, like the person who delivers your mail or the neighbor who waves every morning.
- 13 What are you looking forward to about the long weekend, and what would you be glad to skip?
- 14 Which family recipe carries a story? Write down the story along with whatever you remember of the recipe.
- 15 Think of a Thanksgiving that went sideways: a burned pie, a delayed flight, a power outage. What do you remember about how everyone handled it?
- 16 Who taught you how to make something for this holiday, and what else did you learn standing next to them?
- 17 How has the way you spend Thanksgiving changed over the past five years, and how do you feel about those changes?
- 18 If you are spending Thanksgiving apart from the people you usually see, what would make the day feel kind to you?
- 19 Describe a Thanksgiving you spent somewhere unexpected or with people you did not know well. What stayed with you?
- 20 Which tradition do you keep mostly out of habit? Would you miss it if it quietly ended?
- 21 What topic do you dread hearing at the table, and how would you like to respond if it comes up this year?

22 What are you thankful for this year that you could not have predicted last November?

23 If you are hosting, what do you want guests to feel when they walk in, and what could you let go of to make room for that?

24 If you share the holiday with a partner, how do your two families' traditions sit side by side, and which ones do you want to make your own?

25 What part of this holiday is hard for you, even in a good year?

26 Write about someone who welcomed you to their table at a time when you needed somewhere to go.

27 If you are coming home from school for the break, what are you hoping stays the same, and what about you feels different now?

28 Who is missing from the table this year? Write about them: the seat they took, the dish they brought, the way they laughed.

29 Write a letter to someone you used to share Thanksgiving with and no longer do, for whatever reason. Tell them what you remember.

30 What did Thanksgiving teach you growing up about family, belonging and who gets a seat at the table? Which of those lessons do you still believe?