# Freedom's Ceast thanksciving resources to get the moot out of your THANKSGIVING celebration. 


"I'm grateful for my family in America."

"I'm grateful for my food choices."

"I'm grateful that my family came to America in 1906."

## CREATE A GRATITUDE PLATE KEEPSAKE

## Introduction

Create a plate to show what you are thankful for this Thanksgiving, and display it during your Thanksgiving celebration. Be sure to talk about the plate with your guests, and share what it means to you. Creating $\lceil$ lates before Thanksgiving is a great way for families to prepare for the holiday and think about what makes us grateful!


## Why Do This

The purpose of Thanksgiving is to give thanks! Think about the meaning and history of Thanksgiving and why being an American makes you thankful. (See Resources below for holiday background and samples of Gratitude Plates by others. )

## Questions to Help You Create

1. What special accomplishments or blessings are you and your family celebrating since last Thanksgiving?
2. Are your answers related to being American?
3. Does a particular part of your family's American story make you grateful?
4. What in your life today makes you grateful?
5. Consider your family, work, community, country, any specific events that may have affected you, your family members, and/or others.
6. Consider these themes:

- New family members, jobs or challenges
- Recovery from illness or other setbacks
- Discovering strengths, talents or qualities in yourself or others
- Relationships or ideas that are special to you

What America means to you (and your family)
7. Design Ideas:

What colors or patterns come to mind?
What words or phrases can you use?
What pictures illustrate your ideas?
Use magazines, family albums, and digital photos for inspiration.
Visit the CMOM-Freedom's Feast Thanksgiving Dinner Plate Collection.

## CREATING YOUR GRATITUDE PLATE

## Plate Materials

1. Choose your plates from your favorite store:

- Heavy-duty paper plates
- Clear glass or plastic plates
- Plain white melamine plates

2. Glue gun or multipurpose craft glue
3. Mod Podge and a brush to apply
4. Assorted colored tissue paper, magazine images, photos, feathers, beads, glitter, pipe cleaners and other interesting objects (consider seasonal leaves, pine cones, and nuts)
5. Assorted markers (permanent markers work best on all)

## What You Do

## Heavy Duty Paper Plates (easiest to work with)

Be creative! Try feathers, beads, glitter, pipe cleaners, and other interesting objects, magazine cutouts, leaves , and nuts for your design. Layer your objects. Have fun expressing your gratitude!

## Glass and Plastic Plates

Use Mod Podge with brush to apply tissue paper to back side of plate. Add more decorations to front to create layered effect. Tissue paper will give a stained glass look when lit from behind.

## Melamine Plates

Use permanent markers on these plates and seal with Mod Podge. Sketch your plan on paper before drawing with pens. Apply other materials to your plate with a glue gun. (See additional suggestions above for the paper plate).

Visit our Facebook page and keepsake webpage for plate examples.

Visit us at www.freedomsfeast.us!

Consider visiting a local glazing studio to create plates before Thanksgiving. We know of several families who have created Thanksgiving plate collections over the years this way.


USING MOD PODGE
Mod Podge is a water based sealer, glue and finish for all surfaces.

- Use a brush to apply Mod Podge to your plate as you add tissue, photos or other images. Let dry.
- It can also be used at the end to give a finish coat to your plate.

...share it with us on Facebook!

We are grateful for plate designs by artists David Stein (1), Philomena Malano (2), and Paulette Bogan (3) from the CMOM -Freedom's Feast Thanksgiving Dinner Plate Collection 2009 copyrighted

