



THANKSGIVING

Origins, meaning and relevance



Thanksgiving

- Today you will
 - Find out about what Thanksgiving is and why people celebrate it
 - Understand the links between Thanksgiving and other festivals
 - Think about the journey children your age made and how they felt
 - Plan your own adventure across the sea
 - Find out about how Thanksgiving is celebrated in modern America
 - Try a Thanksgiving day treat
 - Join in the celebration with a Thanksgiving (American) Football game
- Remember to tell us about your day using @NFLUK

What is Thanksgiving?

- Thanksgiving is a national holiday and a big celebration in the USA and other countries
- Families come together to celebrate
- People play and watch sport, attend church services and eat special meals
- Like many holidays, the tradition is very old and has changed over the years

Origins of Thanksgiving

- Christian countries had lots of holidays celebrating saints, like St Valentine's Day
- These all used to be called 'Days of Thanksgiving', and everyone had a day off work and school
- In 1536, King Henry VIII decided there were too many days off work and school – 95 holidays and 52 Sundays – so he changed the rules
- Instead of the 95 Saints days, people had time off for special occasions like harvest or the Kings birthday

Origins of Thanksgiving

- From then, whenever something important or special happened, there was a 'Day of Thanksgiving'
- People had big parties, ate special food and remembered the important event
- **ACTIVITY:** Can you think of any Days of Thanksgiving we have in the United Kingdom?

UK Days of Thanksgiving

- **Guy Fawkes Day (Bonfire Night)** – 5th November
- **Christmas and Boxing Day** – 25th & 26th December
- **Easter** - first full moon of spring
- **Harvest Festival** – Sunday closest to Harvest moon
- **The Queens Birthday** – second Saturday in June
- **Commonwealth Day** – 14th March
- **Bank Holiday Monday** – 2 in May and 1 in August
- **New Years Day** – 1st January

Thanksgiving Day in the USA

- Lots of people started to move to America after it was discovered by Europeans
- A very famous group of settlers crossed the Atlantic in a boat called the Mayflower in 1620
- When settlers from the UK landed safely in America, they called a Day of Thanksgiving
- They were thankful for their safe journey and their new life
- The native people of America helped the settlers to plant food to eat and build homes
- There were lots of different Days of Thanksgiving, but the first harvest shared between the natives and the settlers is the one remembered every November
- **ACTIVITY:** Imagine you are at the first thanksgiving table. Write a letter back to the UK about your experiences

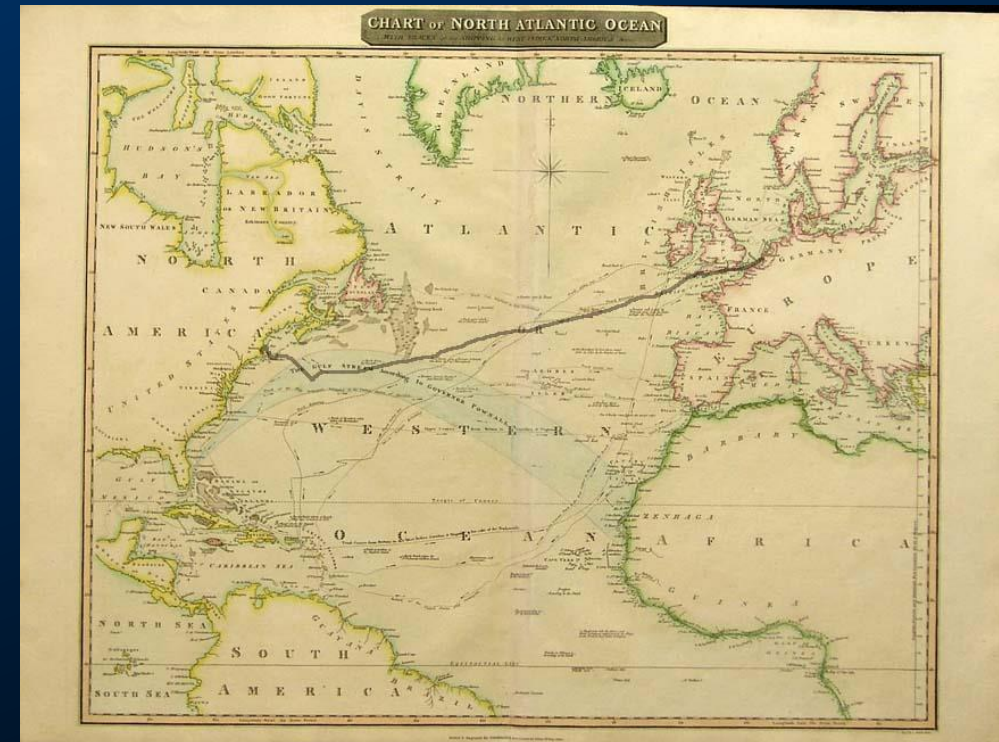
Activity: The Mayflower!

- **Problem 1 :**
 - It is 3000 miles across the Atlantic
 - Average speed of 1.89 miles per hour
 - How many days were they sailing for?
- **Problem 2:**
 - 102 people on board the Mayflower
 - Every person needs 2 litres of water per day
 - 1 barrel contains 160 litres of water
 - How many barrels of water do you need?



Activity: The Mayflower!

- **Problem 3 :**
 - 1 barrel of water takes up 1m^2
 - Each person needs 2m^2 to sleep and for their belongings
 - You have 102 people and the water from problem 2 on board
 - The Mayflower has 220m^2 space for people and water
 - Your friend and their family (2 adults and 4 children) wants to come too. Is there space on the Mayflower?



Activity:

Plan your own adventure!

- Using a map or atlas, ruler and imagination, plan your own sea voyage on the Mayflower
 - Where will you travel to?
 - How long will it take you to sail there?
 - What will you need to take, and how much of it?
 - What types of people do you need on your ships crew?
 - Remember there were no mobile phones, satellites or internet to help the crew

Modern Thanksgiving

- People in the USA still celebrate the landing of the settlers
- They give thanks for their shared history, families and opportunities
- More and more people also remember the kindness of the native American people
- Families and friends play American football in parks in the morning, and then come together to watch games in the afternoon
- They then have a special meal made from lots of the things that the first settlers and native Americans would have eaten

Thanksgiving Dinner

- What have they made and what ingredients did they use?



Thanksgiving Dinner

- Turkey
- Sweet Potato
- Pumpkin
- Cranberry
- Green beans
- Cornbread
- Yams
- Sugar beet
- New potatoes

Activity:

Pumpkin Football Cookies

- **Ingredients:**

- 200g fresh pumpkin (mashed/puree)
- 2 tbsp maple syrup
- 500g Rolled oats
- 1 tsp cinnamon

- **Instructions:**

- Mix all the ingredients together
- Shape into mini footballs
- Place on a baking tray and bake for 10 minutes at 180 degrees

Time To Get Active

- Playing sports around festivals is common around the world.
- From cheese rolling in Gloucestershire to the boxing day test match in Australia, all around the world and any time of year people play games as part of their celebrations
- Native Americans played versions of what we now call hockey and lacrosse at early Thanksgivings
- People in the USA now play touch or flag NFL football
- Time to get active ourselves and play some NFL Flag

Thank you and Happy Thanksgiving

- We hope you have enjoyed learning about Thanksgiving.
- We would love to see what you have done with the day, please tag us using @nfluk or email us at uk.flag@nfl.com
- As you enjoy your pumpkin football cookies at home, think about what you are thankful for
- Also remember the kindness of the native Americans. Helping people and working together is one of the most important things you can do and is an important value in NFL Flag football.