



# How to...



### DID YOU KNOW?

A survey found that 59% of Americans say they have one person they consider a best friend.

## Plan a friendsgiving meal

This special gathering can help you celebrate your friendships.

A friendsgiving is when friends gather together to show thanks for their friendships. The name is a blend between friends and Thanksgiving. Hosting a friendsgiving can be a wonderful way to celebrate with people you care about. Here's how to get started.

### Choose a date

A good time to hold this party is either the weekend before or the weekend after Thanksgiving. You'll want to avoid the actual holiday of Thanksgiving, since most of your attendees will most likely have plans with their family for that Thursday. Ask a parent to help you settle on a date that is best for you to host and when most of your friends are available.

### Make a menu

A friendsgiving meal is similar to a Thanksgiving meal, except it's more casual. For example, instead of roasting a turkey, you could get club sandwiches from a deli or make turkey roll-ups with cranberry sauce. A vegetarian pasta would also make a great main course. Tell friends the meal will be a potluck, which means they should plan to bring a dish—such as an appetizer, side dish, or dessert—that will be served along with the main course you will provide. To make sure guests don't bring the same dish, keep a list of who is bringing what.



Try a new recipe.

### Or skip the big meal

You don't have to serve a traditional dinner at your friendsgiving. It's up to you! Instead, you could just have appetizers and treats. Everyone could sign up to bring a snack that is inspired by fall flavors, like sweet potato chips or pumpkin spice brownies.

### Decorate your space

Make a sign for your front door that welcomes everyone. If you're sitting at a table, you could make place cards for each person. Cut shapes from colorful paper, then write a friend's name on each one. To make it more fun, instead of writing their name on a place card, write a little clue about each person and see if everyone can guess theirs. Add streamers that are left over from other parties to make it festive.

### Do an activity together

It's also fun to plan an activity for your event. One idea is for your group to make the turkey decorations on the next page. If you gather the supplies in advance, this could be a fun craft to do together, and your guests can take home what they make. You could also put out a big puzzle for everyone to work on, stream a Thanksgiving movie, like *A Charlie Brown Thanksgiving* or *Free Birds*, or head outside for a game of flag football.

## 4 ways to show friends you care

Besides planning a friendsgiving, here are other ways you can express gratitude to your friends.

### Remember special events

Keep a calendar with your friends' birthdays on it. When you see a birthday coming up, think of something special to do for them, such as making a card or buying them their favorite snack.



### Get together

If you often spend time with friends in a larger group, making a plan

with just one of them can be a great way to get to know them better. You could meet at your home or a park.

### Be supportive

An important part of being a good friend is supporting each other. If they are playing a solo in a concert, try to attend. If a family pet died, ask them how they're doing or if they want to talk about their emotions.



### Tell them how you feel

You may think your friend knows how much you value their friendship, but they might not. Tell your friend how awesome you think they are. It always makes people feel good to know that others care about them.