



Thanksgiving  
a time to be thankful



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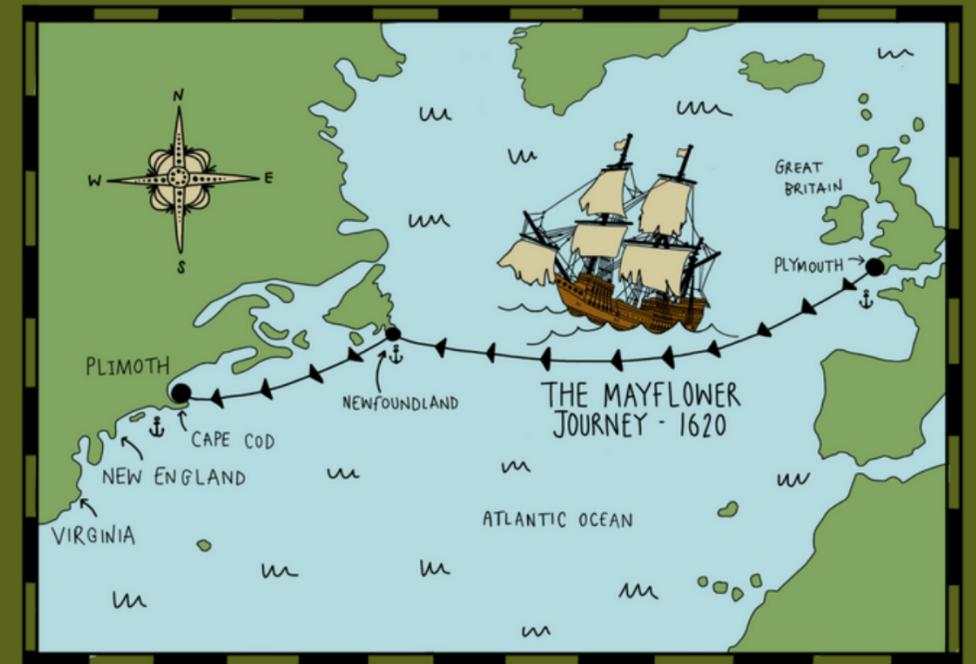
06 - Turkey Trot and Giving Back



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# 01 - Origin

- On September 16, 1620, a group of people called the Pilgrims left England because King James I did not allow for religious freedom. The Pilgrims boarded a ship called the Mayflower and set sail for America.
- The Pilgrims sailed for 66 days.
- On November 21, 1620 the Pilgrims arrived in America. They landed at Plymouth Rock in Plymouth, Massachusetts.
- Throughout the winter most of the colonists remained on board the ship where they suffered from exposure and outbreaks of contagious diseases. Only half of the Mayflower's passengers and crew lived to see their first New England spring.



# 01 - Origin

- The remaining settlers moved ashore and received a visit from a member of the Abenaki tribe.
- Later he returned with another Native American, Squanto who spoke English. He taught the Pilgrims how to cultivate corn, extract sap from maple trees, catch fish, and avoid poisonous plants.
- He also helped the settlers forge an alliance with the Wampanoag tribe.



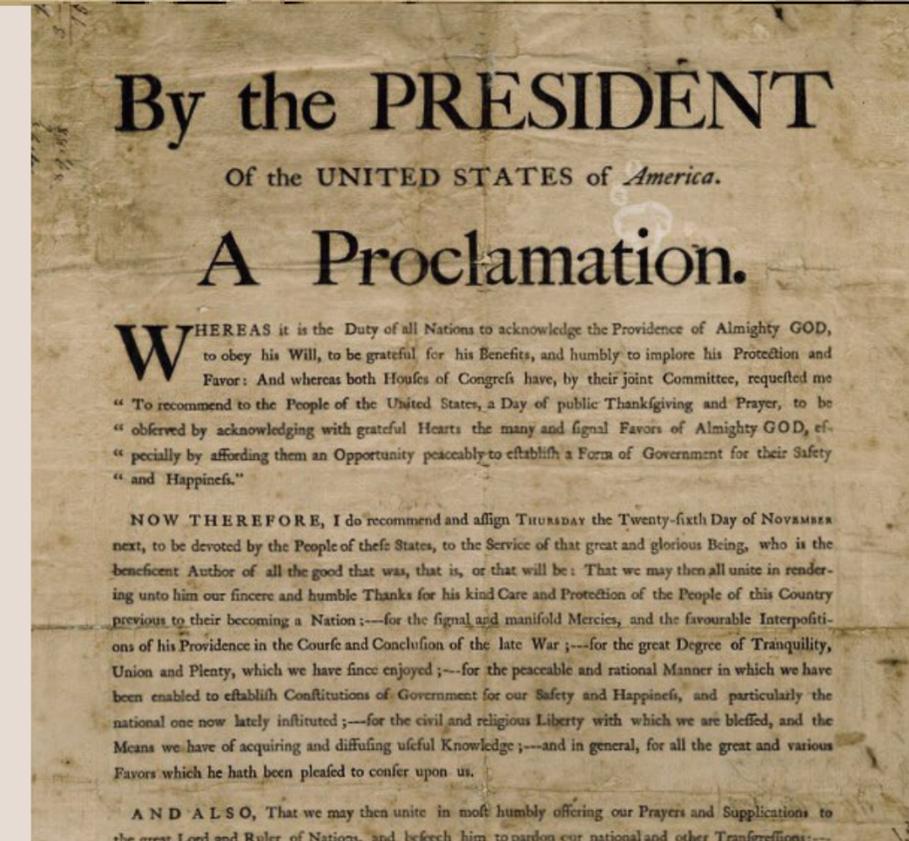
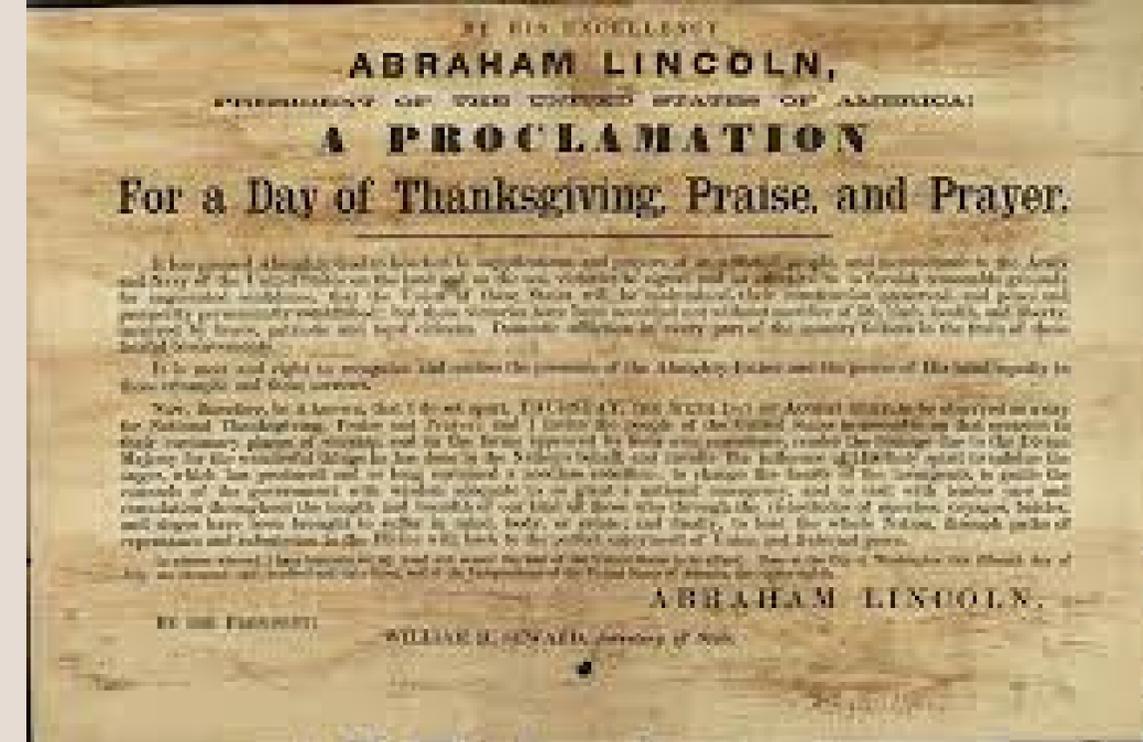
# 02 - When was the first Thanksgiving?

- November 1621 after the Pilgrims' first corn harvest was successful they organized a celebratory feast and invited the Wampanoag tribe.
- It lasted for 3 days.
- No records exist of the first Thanksgiving's exact menu.



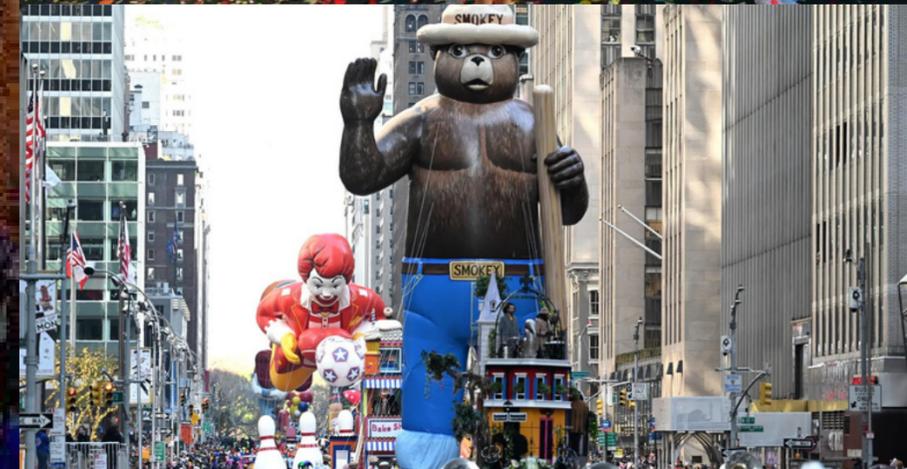
# 01 – Origins

- 1789: George Washington issued the first Thanksgiving proclamation; asked Americans to show that they are grateful for independence and winning the war.
- 1863: Abraham Lincoln made it a national holiday.
- Today, more than 90% of Americans eat turkey and celebrate the holiday.



# 03 - Thanksgiving Parades

- Macy's Thanksgiving Day Parade started in 1924 to give businesses a chance to celebrate and advertise their stores.
- Many Americans watch the Macy's parade at Thanksgiving on TV. The parade follows a 2.5 mile route and features marching bands, performers, floats, and giant balloons.



# 04 - Traditional Food

- Thanksgiving meals traditionally consist of a turkey, ham, mashed potatoes, green bean casserole, stuffing, cranberry sauce, and, pumpkin pies.



# 05 - Thanksgiving and Football

- Millions tune in to watch the game each year- last year's Cowboys v. Raiders game had 38.5 million people watch.
- 1876: The Football Association hosted their championship game on the holiday, because everyone had off work and could watch. They hoped it would help bring more attention to the sport.



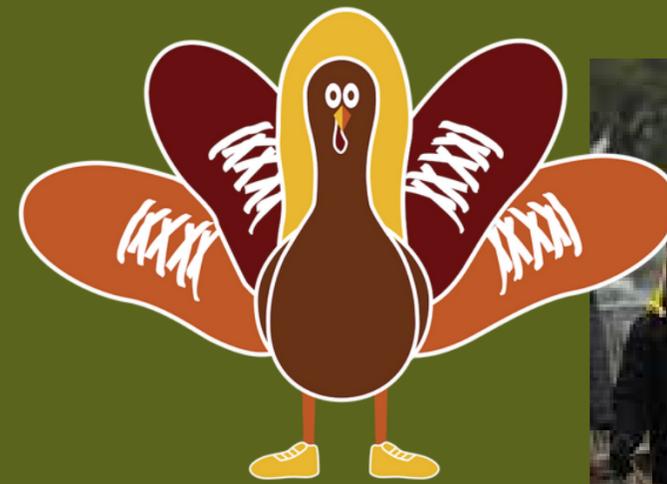
# 06- Turkey Bowl

- It is a pickup casual football game or 2 hand touch played between friends, families, or neighborhoods during Thanksgiving.



# 07- Turkey Trot and Giving Back

- Others like to run in a “turkey trot”, or early morning family-friendly 5K or 10K race. Most races are to raise money for certain causes or someone in need, others are just organized by a community for the neighborhood to run around before feasting on a lot of food.



**RUN.GOBBLE.NAP**  
TURKEY TROT STL





Thank You! Questions?



*Be Thankful  
Be Grateful  
Be Blessed*

