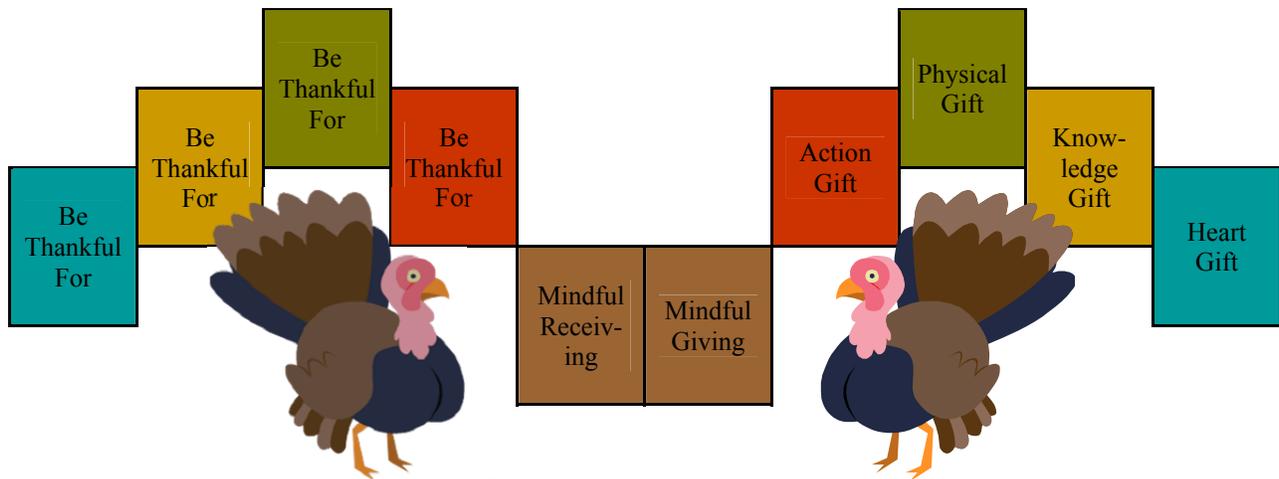


## Two Turkeys Spread: For Giving and Receiving

Rachel Mann



This spread is designed to help you focus on how giving and receiving are playing out in your life, especially during the November and December holidays. Of course you can use it anytime, and you could even use the halves of the spread separately—for gift ideas, or when you feel a need to experience gratitude. The idea and layout are based on the time-honored U.S. Thanksgiving Day child's craft of tracing a line around a hand and then embellishing it to make a picture of a turkey. (The thumb is the neck and head, and the fingers are the big tail feathers.)

Lay out the cards in the shape of the fingers of both hands (with palms down, like you're drawing a turkey!). The dominant hand is the giving hand, and the non-dominant is the receiving hand. Please switch the above diagram if you're a lefty!

### The Prize Turkey (The Giving Hand)

**Red** tail feather: What **action** can I give? An action gift is the gift of work or help—lawn mowing, babysitting, a trip to the grocery store, etc.

**Green** tail feather: What **physical** gift can I give? Remember that the worth of a gift is not how much it costs, but how well it suits the recipient!

**Gold** tail feather: What **knowledge** can I give? A gift of knowledge could be teaching a skill, tutoring on a school subject, a gift certificate for lessons, a thought-provoking book, etc.

**Blue** tail feather: What can I give from my **heart**? An always welcome gift is the gift of yourself—perhaps an evening or day of fun or relaxation that includes your whole-hearted attention, with plenty of opportunities to listen, be a shoulder to cry on, show support, etc.

**Head:** What do I need to keep in mind about giving and generosity?

### The Thanksgiving Turkey (The Receiving Hand)

**Tail feathers:** What are four things to be thankful for?

**Head:** What do I need to keep in mind about receiving and gratitude?