

# Month of Giving and Gratitude

Pick one act of giving or gratitude for each day in November. Cross them off as you complete them, and share what each act of giving or gratitude meant to you with your family on Thanksgiving!

Donate items to the food pantry

Name 5 special events you were thankful for this year

Help go food shopping

Clean your room without being asked

Help clean the kitchen

Make a handmade gift for someone you are thankful for

Give a kind compliment to someone at school

Smile at someone you see today

Do another family member's chore for them

Donate warm clothes to charity

Name 5 reasons you are thankful for your teacher(s)

Shower someone with compliments

Write a letter to or call a faraway friend or relative

Thank the person who taught you a new skill

Feed the birds

Write a thank you note or draw a picture for a parent or family member

Name some friends you are thankful for

Tell someone how much you love them

Help your teacher clean the classroom

Offer to rake leaves or pick up sticks for a neighbor

Make a list of things you are grateful for

Name 5 books you are thankful for

Donate toys you are done with

Name a holiday you are thankful for

Name 5 foods you are grateful for

Name 5 people you appreciate

Go for a walk and name 5 things in nature you are thankful for

Free Choice!  
Come up with your own act of giving or gratitude

Make a list of the people you are thankful for

Make a cheerful card for someone