

15 Ways to Incorporate Giving into Your ThanksGIVING

- 1.** Sponsor a thanksgiving meal for someone in need.
- 2.** Thank those who serve and help your community. Create cards or bake and deliver cookies to your local fire and police departments.
- 3.** Donate to a food pantry or food bank. If possible, go shopping with your children and bring the items to your local food pantry or food bank.
- 4.** Use your creativity to make items such as art or jewelry with messages of hope and optimism.
- 5.** Create Caring Kits to be distributed to people in need.
- 6.** Clean out your closets and donate items (only those in good condition) to those that can use them.
- 7.** Brainstorm as a family ways you can all actively do good together.
- 8.** Call or video chat with those more vulnerable in need of healing and/or a friendly visit.
- 9.** Donate your time and expertise to a family or agency that can benefit from them.
- 10.** Sign up to volunteer with a local non-profit agency.
- 11.** Participate in a run, walk or other event for charity.
- 12.** When shopping be sure to only frequent companies that share your values.
- 13.** Discuss what giving means to your family and the role it plays.
- 14.** Before posting on social media think first and make sure that what you post is inclusive, uplifting, kind and sensitive.
- 15.** Start a family Giving Circle. Decide as a family on a cause and agency worthy of your support.

15 Thanksgiving Conversation Starters for Teens and Adults

- 1.** What are you grateful for this year?
- 2.** What have you done this year to live your values?
- 3.** If you could change something in the world to make it better, what would it be?
- 4.** What was your most meaningful giving experience this year? Why?
- 5.** Think of a time when you benefitted from someone else's giving. What did it give you? How can you pay this forward?
- 6.** When in your life have you felt like you could never fully repay someone?
- 7.** Think of a time that someone helped you. How can you help more people like that?
- 8.** If you could only help one person, who would your help and why?
- 9.** What is our family's history of giving and helping?
- 10.** What was your proudest moment from the past 12 months?
- 11.** What are you most grateful for, right now, in this moment?
- 12.** What's your personal anthem or theme song?
- 13.** What's the best compliment you've ever received?
- 14.** What are you grateful for that more people had in their lives?
- 15.** Who in your life are you most grateful for?

10 Thanksgiving Conversation Starters for Kids

- 1.** Who is someone you could say “thank you” to today?
And why?
- 2.** What is something you do with your family that makes you happy?
- 3.** If you had to give anyone in the world your piggy bank, who would you give it to and why?
- 4.** What is something you’d like someone to tell YOU “thank you” for?
- 5.** When is a good time to tell someone “thank you”?
- 6.** How can you be thankful even when we’re upset?
- 7.** How does it make you feel when someone does something really nice for you?
- 8.** How does it make you feel when you do something really nice for someone else?
- 9.** What are you MOST thankful for?
- 10.** What is better today than a year ago?