

GRATITUDE MENU

**EARN AS MANY POINTS AS YOU CAN!
CHALLENGE YOUR FRIENDS & FAMILY!**

APPETIZERS - 1 POINT

Write down three things you are grateful for
Watch this [video](#) on gratitude
Give to your favorite charity

SIDES - 2 POINTS

Send a Thank You letter to someone you're grateful for
Check out a book about gratitude at the public library
Play this [Gratitude Game](#)

ENTREES - 5 POINTS

Host a virtual Friendsgiving event
Explore this [Playlist](#) about gratitude with your family
Volunteer your time to a local organization that does good

DESSERTS - 2 POINTS

Paint or make these [Gratitude Stones](#)
Play this [Gratitude Scavenger Hunt](#) with your family or friends
Make a homemade gift for a loved one

Find more resources
for Thanksgiving and
Gratitude [here](#)

Adapted from
[Rev. Melissa Gepford](#)

