**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

[Great Plains United Methodists](#)