

# 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](#)

