

## Six Weeks to a **Happy & Healthy** Holiday Season!

### Week Four – Giving Back

This is a wonderful time of year to do things for those less fortunate and to teach our children about generosity and of giving vs. receiving. The feeling you get from knowing that you did something nice from someone else, especially for someone who may be struggling, is a priceless gift to ourselves, our families and our communities. Let the feelings you get from helping others stay with you and inspire you all year round!

#### Ideas for Adults:

- ♥ Pay for the person behind you in the drive-thru in the morning. A quick and easy way to brighten someone else's day!
- ♥ Serve a meal at a homeless shelter or soup kitchen. You are guaranteed to walk out feeling grateful for everything that you have and the supportive people around you.
- ♥ Be a holiday angel! Think of someone you might know who may be struggling financially this season and help them out anonymously. Prepare a holiday food basket or gifts if you aren't comfortable giving cash.
- ♥ A really simple & effective way to give back? BUY LOCAL! Purchase as many of your gifts as you can from small, local businesses. Every dollar you spend is going to positively impact the people in your community!
- ♥ Give a hard-working single parent you know the gift of some "me-time"! Offer to watch the kids for an afternoon and gift them a basket with a scented candle, bubble bath, tea & cookies.



#### Ideas for Families:

- ♥ Don't forget our furry friends! Bring pet food/supplies to your local animal shelter.
- ♥ Make cards for hospitalized kids and arrange a time you can go and deliver them.
- ♥ A great way to teach your little ones about giving is to have them go through their toys and select ones that they no longer use to donate to charities. (It's a great time to go through your own closet as well!)
- ♥ Send cards of thanks to troops who are away from home at the holidays.
- ♥ Bring goodies and your holiday spirit to a local nursing home.
- ♥ Adopt a family in need (check Salvation Army in December, they usually have families in need) and provide them with grocery gift cards and gifts for adults & children. Take the kids with you to pick out the gifts so they feel a sense of participation.
- ♥ Bring coffee & baked goods to the local police station or fire station – they are sacrificing time with their own families in order to keep our communities safe!
- ♥ Offer to wrap gifts for friends/neighbours who may be too ill, elderly or just plain busy to do it themselves.