

Thanksgiving = Thanks + Giving

TIPS TO HELP FAMILIES TALK ABOUT GIVING BACK ON GIVING TUESDAY & BEYOND

Text or call someone you appreciate together

TALK ABOUT PEOPLE YOUR FAMILY APPRECIATES (E.G., A TEACHER, SPORTS COACH, NEIGHBOR, OR OTHER FAMILY MEMBER. TAKE A MOMENT TO TEXT OR CALL THAT PERSON AS A FAMILY ON GIVING TUESDAY AND EXPRESS YOUR GRATITUDE. TALK AS A FAMILY ABOUT THE PERSON'S REACTION AND HOW IT FELT TO SHARE YOUR GRATITUDE.

Identify your cause as a family

ON GIVING TUESDAY, SHARE A STORY OF GIVING WITH YOUR KIDS AND TALK TOGETHER ABOUT CAUSES YOUR FAMILY CARES ABOUT (E.G., ANIMALS, SICK KIDS, NATURE). DISCUSS TOGETHER HOW YOUR FAMILY COULD HELP, WHETHER IT'S A DONATION OF MONEY, GOODS, OR TIME, OR SIMPLE EXPRESSIONS OF CARING (E.G., HANDMADE CARDS).

Discuss ways to “pay it forward”

PAY IT FORWARD = DO SOMETHING NICE FOR SOMEONE WITH THE HOPE THAT THE PERSON WILL DO SOMETHING NICE FOR SOMEONE ELSE. BRAINSTORM WAYS TO PAY IT FORWARD ON GIVING TUESDAY (E.G., PUTTING MONEY IN AN EXPIRING PARKING METER, LEAVING A GREAT BOOK FOR ANOTHER PERSON TO ENJOY AT A CAFÉ).

Make a plan to combine dinner and service

MAKE A PLAN TO USE SOME OF YOUR FAMILY DINNER TIME TO HELP OTHERS IN YOUR COMMUNITY HAVE A GREAT MEAL. YOU COULD VOLUNTEER TOGETHER AT A FOOD BANK DURING DINNER HOURS ONCE A MONTH, OR MAKE A MEAL AS A FAMILY AND DELIVER IT TO A FAMILY THAT HAS LIMITED TIME OR RESOURCES.

Make giving a part of regular life

ASK YOUR KIDS TO DIVIDE THEIR ALLOWANCE INTO THREE JARS: SPEND, SAVE AND GIVE. PUT A PICTURE ON THE “GIVE” JAR TO HELP YOUR KIDS CONNECT GIVING WITH SOMETHING OR SOMEONE THEY CARE ABOUT. ALSO, SEEING PARENTS GIVE CAN BE A POWERFUL MOTIVATOR FOR KIDS. CREATE A FAMILY “GIVE” JAR INTO WHICH EVERYONE CONTRIBUTES.

Make a pledge to help others

BRAINSTORM AS A FAMILY ON GIVING TUESDAY ABOUT THINGS YOU COULD DO TO HELP OTHERS. FOR EXAMPLE, HAVE A NEW COMMUNITY MEMBER OVER FOR DINNER, VOLUNTEER IN A HOME FOR THE ELDERLY, OR DONATE GENTLY USED TOYS AND CLOTHES. CHOOSE WHAT YOU WILL DO AS INDIVIDUALS AND AS A FAMILY, AND CREATE A VERBAL OR WRITTEN PLEDGE TO COMPLETE THAT GOAL.