

Gratitude November

Lunchtime's Wellness Team challenges you to focus on your community and social wellness this month.

Take a picture while you are completing one of the activities this month and send it to HR@LunchtimeSolutions.com. All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Call a friend or family member to tell them you appreciate them.	2 Give someone a compliment.	3 Acknowledge someone's hard work.	4 Write a kind review of something you love
5 Treat a friend or coworker to coffee	6 Invite the person in line behind you to go before you.	7 Donate something in your home you don't need	8 Text an encouraging quote to a friend	9 Push in someone's chair or put someone's shopping cart in the rack	10 Offer to give someone a ride	11 Cook dinner with or for a loved one
12 Say hi and make conversation with a stranger	13 Give someone a gift card you don't intend to use	14 Leave a happy note on someone's desk or table	15 Offer to do a task or chore for someone	16 Hold the door open for someone	17 Smile and thank someone who serves you	18 Tell someone in person how much they mean to you
19 Leave the close parking space for someone else	20 Compliment a stranger.	21 Send a text to someone letting them know how thankful you are for them.	22 Leave a positive review for a business.	23 Every time you want to complain, swap it out for a positive thought.	24 Give someone a hug.	25 Give a friend a small bouquet of flowers.
26 Send a card to someone who is ill.	27 Bake goodies and deliver to a neighbor.	28 Invite the person in line behind you to go before you.	29 Acknowledge someone's hard work.	30 Write a card to someone you're thankful for		

December Deeds of kindness

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Let someone cut in front of you in line	2 Slow down so someone can merge in front of you in traffic
3 Let someone else take that primo parking spot.	4 Hold the door open for someone	5 Smile at a neighbor or new student	6 Share your snack with someone that doesn't have one	7 Play a conversation starter game with someone you want to know more about	8 Paint Kindness Rocks to leave for people to find	9 Leave someone a kindness postcard
10 Donate books to the library	11 Bring treats for your co-workers	12 Help out the janitor at school	13 Make cookies for the elderly	14 Make dinner for a family in need	15 Give a stranger a compliment	16 Take time to listen to someone
17 Take a day to be positive with no complaining	18 Celebrate your own best friend appreciation day	19 Be kind to yourself	20 Clean up a mess you did not make	21 Write a nice note to a coworker you appreciate	22 Write thank-you notes for the school custodian	23 Make someone laugh
24 Share a recipe	25 Celebrate it is Christmas	26 Put a kind message on someone's door.	27 Donate supplies to an animal shelter	28 Do someone a favor	29 Donate unneeded clothing to a charity	30 Give someone a high five or fist bump

Lunchtime's Wellness Team challenges you to focus on your community wellness this month.

Take a picture while you are completing one of the activities this month and send it to HR@LunchtimeSolutions.com. All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!