

Express Gratitude

- Thank a favorite teacher
- Surprise your mail carrier
- Send Thanksgiving cards
- Leave a positive review
- Give a deserving shout out
- Thank a family member
- Give back: volunteer or donate
- Make a gratitude journal
- Leave a generous tip
- Buy someone coffee or flowers

& Give Thanks

Express Gratitude

Thank a favorite teacher

Thank a doctor or nurse

Surprise your mail carrier

Leave a comment of gratitude

Send Thanksgiving cards

Thank your significant other

Leave a positive review

Fill out a comment card

Give a deserving shout out

Thank your garbage collector

Thank your parents

Send Thanksgiving cards

Give back: volunteer or donate

Make a Thanksgiving craft

Make a gratitude journal

Share daily gratitude at dinner

Leave a generous tip

Host Friendsgiving

Buy someone coffee or flowers

Thank co-workers or boss

& Give Thanks

Express Gratitude

& Give Thanks

Express Gratitude

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& Give Thanks