

NOVEMBER 2025

Gratitude and Giving Thanks



RANDOM ACTS OF KINDNESS
FOUNDATION®

SUN							MON							TUE							WED							THU							FRI							SAT						
OCTOBER							DECEMBER																																									
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Create a gratitude jar ² where you write down things you're thankful for each day and encourage others to do the same.							Express your gratitude by paying it forward. ³							Set up a community gratitude wall in your workplace, school, or local café where people can post notes about what they are thankful for. ⁴							Reach out to a mentor or teacher who has guided you and thank them for their support and wisdom. ⁵							Give small appreciation gifts or tokens to coworkers, friends, or family members to show you value their presence in your life. ⁶							Record a short video expressing your thanks to someone special and send it to them as a personal and heartfelt gesture. ⁷							Start a 30-day gratitude challenge using the ideas throughout this month. ⁸						
Organize a dinner or gathering where everyone shares something they're thankful for before the meal. ⁹							Write and send handwritten thank you notes to people who have positively impacted your life, expressing your gratitude for their kindness. ¹⁰							Join the RAKtivists: Spread a Gratitude and Give Thanks! ¹¹							Gift someone a gratitude journal where they can reflect on and document things they are thankful for regularly. ¹²							Send thank you cards or treats to local first responders like firefighters, police officers, or paramedics, acknowledging their service. ¹³							Donate to a charity or cause that you are thankful exists, in honor of someone who has impacted your life. ¹⁴							Post a public thank you on social media to recognize someone who has made a difference in your life. ¹⁵						
Show appreciation ¹⁶ for local businesses by shopping locally and leaving positive reviews for businesses you're thankful for.							Collect food for a local food shelter using our Food Drive RAKtivist toolkit! ¹⁷							Drop off thank you notes or small gifts to healthcare workers at a local hospital or clinic to express gratitude for their hard work. ¹⁸							Use your skills or talents to help others, whether it's cooking a meal, offering free advice, or helping with a project. ¹⁹							Write letters of gratitude to people in your community, like your mail carrier or grocery clerk, and surprise them with your thanks. ²⁰							Create and share a playlist of songs that inspire feelings of gratitude and positivity. ²¹							Visit or call elderly family members or friends, thanking them for the wisdom and experiences they've shared with you. ²²						
Invite someone over for a meal or deliver food to someone who might need it, sharing the gift of nourishment with those you appreciate. ²³							Donate books you're thankful for to a library, school, or community center, so others can enjoy them too. ²⁴							Plan a day to celebrate a friend who has been there for you, letting them know how much you appreciate their friendship. ²⁵							Create and deliver thank you baskets filled with treats or essentials to neighbors, teachers, or community workers. ²⁶							Gather with family members and take turns sharing what you are thankful for about each other, creating a circle of appreciation. ²⁷							Spend time making phone calls to people you are grateful for, simply to thank them and let them know they are appreciated. ²⁸							Create a "Thank You Tree" where people can add leaves with notes of gratitude, either in your home, workplace, or community center. ²⁹						
Read and/or share the notes from your gratitude jar. ³⁰																																																