

MAY

The Sparrow Fund's Gratitude & Giving Calendar

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 Draw a picture for someone and deliver it to them.	2 Give spontaneous hugs to your parents and siblings.
3 Clean your room.	4 Make your dad a card and tell him one thing you love about him.	5 Tell each family member one reason you are grateful for them.	6 Take photos of 3 things that make you smile and share them with someone.	7 Plan a family game night!	8 Leave a "Thank you" for a delivery worker.	9 Learn a new song and perform it for family or friends.
10 Mother's Day Make your mom a card and tell her one thing you love about her.	11 Help take out the trash.	12 Make a list of five things you're grateful for.	13 Call a relative to say hello and tell them you miss them.	14 Help fold the laundry.	15 Write your teacher a thank you note.	16 Leave a note for neighbors with chalk on your sidewalk.
17 Take a walk with your family. Be thankful for nature.	18 Make a get well card for someone you know who is sick.	19 Do a chore for someone in your family.	20 Tell a sibling or friend 3 things you love about them.	21 Visit an elderly neighbor or leave them a note.	22 Cheer a friend or sibling up with a compliment or joke.	23 Hide a note for a family member in a place that will make them smile.
24 Help with yard work.	25 Memorial Day Write a note to a soldier and thank him or her for their service.	26 Take a funny selfie and share it with someone.	27 Set the table.	28 Write a note to a healthcare worker and thank them for their service.	29 Plan a family movie night!	30 Help plant flowers.
31 Help cook dinner.						