**Timbercrest Thankful November Challenge: “GRATITUDE IS AN ATTITUDE”  
As part of the Volusia County Wellness Program, Timbercrest will participate in a November Mental Health Challenge from November 1st- November 20th.**



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Submitted by Michele Amoroso Sobol from Timbercrest ES

Here is how it works:

* Earn points and track them for expressing gratitude and showing appreciation to our friends, family, coworkers and community.
* Win prizes and more importantly increase your happiness and the happiness of those around you!
* Hand in your calendar marking your points to Michele Sobol by 11/20 for a chance to win great prizes!
* IDEAS to show gratitude and helpfulness (and earn points):

Express sincere gratitude to someone - "gratitude is an attitude". Foster it by encouraging it.

Volunteer to help someone you know - "help" can take many forms. Think outside the box and outside the workplace. Satisfy the Challenge by helping a colleague in need.

Volunteer at a community organization - discover the needs of others in your community and put your talents and skills to work.  Satisfy the Challenge by helping out. Cook a meal for a neighbor.

Write an anonymous note to someone telling them how special and appreciated they are. SPARKLE someone at Timbercrest.

Write your students a note telling them how you are thankful for them. Call you parents or family and tell them how thankful you are for them. Donate clothes or items to a community outreach center

Take your family to participate in a community outreach project such as Toys for Tots or the Basket Brigade (ask Michelle Rhodes or Michele Sobol for more info.)

BE CREATIVE and share your ideas!

MARK ON THE CALENDER EACH DAY THAT YOU EXPRESS SINCERE GRATITUDE OR GIVING BACK! Share your positive experiences on Twitter!

Winners will be chosen on November 30th Email \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* if you have questions mramoros@volusia.k12.fl.us

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday  11/1 | Monday 11/2 | Tuesday 11/3 | Wednesday 11/4 | Thursday 11/5 | Friday  11/6 | Saturday 11/7 |
| Sunday  11/8 | Monday 11/9 | Tuesday 11/10 | Wednesday 11/1 | Thursday 11/12 | Friday  11/13 | Saturday 11/14 |
| Sunday 11/15 | Monday 11/16 | Tuesday 11/17 | Wednesday 11/18 | Thursday 11/19 | Friday  11/20 |  |

**Gratitude is an Attitude Challenge:**

**Directions: give yourself one point per day for every day that you show sincere gratitude or giving to others. Hand in to Michele Amoroso Sobol by 11/20 for a chance for prizes!**

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**