



### hunger

MON

TUES

WED

THURS

FRI

SAT

SUN

### for more information

visit [pebbletossers.org/holiday-cause-area-resources](https://pebbletossers.org/holiday-cause-area-resources)

5 learn a new fall-inspired dinner recipe!



6 gather friends + family to make no-sew fleece blankets to donate

7 register to vote and encourage friends to join



8 write down what you need to get done today and stick to it!



9 make birthday gift boxes for patients at CHOA

10 get a library card from your local public library + check out a book

11 wake up at sunset and do some morning stretches!



12 buy hot tea or coffee for your teachers or co-workers

**World Kindness Day** free day! find ways to engage in intentional acts of kindness today

14 remember to take care of yourself and do what you love most!

**America Recycles Day** do a major home clean and recycle items at CHARM

16 check-in on a friend you haven't talked to in a while

**National Hiking Day** explore a local hiking trail!

**Family Volunteer Day** grab the family and register for a service project!



19 deliver meals for families in need with Open Hand Atlanta

**Transgender Remembrance Day** check out the Trevor Project + be an advocate for LGBTQ+ youth

21 make a snack station for delivery drivers



22 volunteer at a food pantry this week



**Thanksgiving** give thanks to those who have positively impacted you

**National Native American Heritage Day** support native american-owned businesses today!

25 write down 10 things you are grateful for this morning



26 treat your family out to warm drinks and fall treats!

27 free day! find ways to share your talents in positive ways today



**GivingTuesday** make a gift to Pebble Tossers + share our mission with friends+family

29 spread your ripple of giving + gift family with a Pebble Tossers membership

30 reflect on how this month went for you and the things you are thankful for