

# NOVEMBER 2025

## Gratitude and Giving Thanks



**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

| SUN                                                                                                                                                   |    |    |    |    |    |    | MON                                                                                                                                                      |    |    |    |    |    |    | TUE                                                                                                                                                   |  |  |  |  |  |  | WED                                                                                                                                    |  |  |  |  |  |  | THU                                                                                                                                                    |  |  |  |  |  |  | FRI                                                                                                                                      |  |  |  |  |  |  | SAT                                                                                                                                               |  |  |  |  |  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|----------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|
| OCTOBER                                                                                                                                               |    |    |    |    |    |    | DECEMBER                                                                                                                                                 |    |    |    |    |    |    | 28                                                                                                                                                    |  |  |  |  |  |  | 29                                                                                                                                     |  |  |  |  |  |  | 30                                                                                                                                                     |  |  |  |  |  |  | 31                                                                                                                                       |  |  |  |  |  |  | 1                                                                                                                                                 |  |  |  |  |  |  |
| S                                                                                                                                                     | M  | T  | W  | Th | F  | S  | S                                                                                                                                                        | M  | T  | W  | Th | F  | S  |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 28                                                                                                                                                    | 29 | 30 | 1  | 2  | 3  | 4  | 30                                                                                                                                                       | 1  | 2  | 3  | 4  | 5  | 6  |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 5                                                                                                                                                     | 6  | 7  | 8  | 9  | 10 | 11 | 7                                                                                                                                                        | 8  | 9  | 10 | 11 | 12 | 13 |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 12                                                                                                                                                    | 13 | 14 | 15 | 16 | 17 | 18 | 14                                                                                                                                                       | 15 | 16 | 17 | 18 | 19 | 20 |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 19                                                                                                                                                    | 20 | 21 | 22 | 23 | 24 | 25 | 21                                                                                                                                                       | 22 | 23 | 24 | 25 | 26 | 27 |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 26                                                                                                                                                    | 27 | 28 | 29 | 30 | 31 | 1  | 28                                                                                                                                                       | 29 | 30 | 31 | 1  | 2  | 3  |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| 2                                                                                                                                                     | 3  | 4  | 5  | 6  | 7  | 8  | 4                                                                                                                                                        | 5  | 6  | 7  | 8  | 9  | 10 |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |
| Create a gratitude jar <sup>2</sup> 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. <sup>3</sup>                                                                                                |    |    |    |    |    |    | Set up a community gratitude wall in your workplace, school, or local café where people can post notes about what they are thankful for. <sup>4</sup> |  |  |  |  |  |  | Reach out to a mentor or teacher who has guided you and thank them for their support and wisdom. <sup>5</sup>                          |  |  |  |  |  |  | Give small appreciation gifts or tokens to coworkers, friends, or family members to show you value their presence in your life. <sup>6</sup>           |  |  |  |  |  |  | Record a short video expressing your thanks to someone special and send it to them as a personal and heartfelt gesture. <sup>7</sup>     |  |  |  |  |  |  | Show your gratitude for the community by volunteering at a local charity, shelter, or food bank. <sup>8</sup>                                     |  |  |  |  |  |  |
| Organize a dinner or gathering where everyone shares something they're thankful for before the meal. <sup>9</sup>                                     |    |    |    |    |    |    | Write and send handwritten thank you notes to people who have positively impacted your life, expressing your gratitude for their kindness. <sup>10</sup> |    |    |    |    |    |    | Join the RAKtivists: Spread a Gratitude and Give Thanks! <sup>11</sup>                                                                                |  |  |  |  |  |  | Gift someone a gratitude journal where they can reflect on and document things they are thankful for regularly. <sup>12</sup>          |  |  |  |  |  |  | Send thank you cards or treats to local first responders like firefighters, police officers, or paramedics, acknowledging their service. <sup>13</sup> |  |  |  |  |  |  | Donate to a charity or cause that you are thankful exists, in honor of someone who has impacted your life. <sup>14</sup>                 |  |  |  |  |  |  | Post a public thank you on social media to recognize someone who has made a difference in your life. <sup>15</sup>                                |  |  |  |  |  |  |
| Show appreciation <sup>16</sup> 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! <sup>17</sup>                                                              |    |    |    |    |    |    | Drop off thank you notes or small gifts to healthcare workers at a local hospital or clinic to express gratitude for their hard work. <sup>18</sup>   |  |  |  |  |  |  | Use your skills or talents to help others, whether it's cooking a meal, offering free advice, or helping with a project. <sup>19</sup> |  |  |  |  |  |  | Write letters of gratitude to people in your community, like your mail carrier or grocery clerk, and surprise them with your thanks. <sup>20</sup>     |  |  |  |  |  |  | Create and share a playlist of songs that inspire feelings of gratitude and positivity. <sup>21</sup>                                    |  |  |  |  |  |  | Visit or call elderly family members or friends, thanking them for the wisdom and experiences they've shared with you. <sup>22</sup>              |  |  |  |  |  |  |
| Invite someone over for a meal or deliver food to someone who might need it, sharing the gift of nourishment with those you appreciate. <sup>23</sup> |    |    |    |    |    |    | Donate books you're thankful for to a library, school, or community center, so others can enjoy them too. <sup>24</sup>                                  |    |    |    |    |    |    | Plan a day to celebrate a friend who has been there for you, letting them know how much you appreciate their friendship. <sup>25</sup>                |  |  |  |  |  |  | Create and deliver thank you baskets filled with treats or essentials to neighbors, teachers, or community workers. <sup>26</sup>      |  |  |  |  |  |  | Gather with family members and take turns sharing what you are thankful for about each other, creating a circle of appreciation. <sup>27</sup>         |  |  |  |  |  |  | Spend time making phone calls to people you are grateful for, simply to thank them and let them know they are appreciated. <sup>28</sup> |  |  |  |  |  |  | Create a "Thank You Tree" where people can add leaves with notes of gratitude, either in your home, workplace, or community center. <sup>29</sup> |  |  |  |  |  |  |
| 30                                                                                                                                                    |    |    |    |    |    |    | 1                                                                                                                                                        |    |    |    |    |    |    | 2                                                                                                                                                     |  |  |  |  |  |  | 3                                                                                                                                      |  |  |  |  |  |  | 4                                                                                                                                                      |  |  |  |  |  |  | 5                                                                                                                                        |  |  |  |  |  |  | 6                                                                                                                                                 |  |  |  |  |  |  |
| Read and/or share the notes from your gratitude jar.                                                                                                  |    |    |    |    |    |    |                                                                                                                                                          |    |    |    |    |    |    |                                                                                                                                                       |  |  |  |  |  |  |                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                                        |  |  |  |  |  |  |                                                                                                                                          |  |  |  |  |  |  |                                                                                                                                                   |  |  |  |  |  |  |