

**MARK YOUR
CALENDARS!**

November 11
is Random Acts
of Kindness Day!



FAMILY GIVING CIRCLE

THE FAMILY THAT **GIVES** TOGETHER, **GROWS** TOGETHER

NOVEMBER

THEME: GRATITUDE

FOCUS COUNTRY: ZAMBIA





Practicing gratitude brings many benefits, from strengthening connections with the people around us to improving immune systems to maintaining an optimistic outlook on life. See [this article](#) from Nationwide Children's Hospital to learn more.

Activity:

GRATITUDE PUMPKIN

An easy way to keep gratitude at the center of your daily lives is to make a visual representation of the abundance of reasons to be thankful. The intentional practice of recording those thankful moments can have powerful results.

To begin, you only need a large pumpkin (any color!) and a sharpie marker or two.



1. Choose a place for your pumpkin, like the kitchen table or the entryway. You want to select a place where family members will see it multiple times a day.
2. Choose a time to share your moments of gratitude. Any time will do: maybe around the dinner table, or before kids start on homework, or even as part of your bedtime routine.
3. Using the sharpie, write your thankful thoughts on the pumpkin. There's no right or wrong way to do this — you can write your ideas in orderly lines around the pumpkin or scatter them across the sides.
4. Continue to add to your pumpkin consistently throughout the month. By Thanksgiving Day, you'll have a centerpiece that celebrates people, events, accomplishments and more!

Variations:

Don't have a pumpkin? No problem! There are many ways to record your daily gratitude moments. You can cut strips of paper and drop them in a jar or box you decorate just for this purpose. You can also print out a paper pumpkin or make one with construction paper.

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Bonus Activity:

GAMES OF GRATITUDE

Grab your family's Pick Up Sticks game and repurpose it for a fun way to incorporate thankfulness and playfulness into your day!

Play the game:



RED	A place you're thankful for
YELLOW	A person you're thankful for
GREEN	A thing you're thankful for
BLUE	A food you're thankful for
PURPLE	Anything in any category

1. Grab the sticks into your hand and then let them fall in a random, messy pile on a tabletop.
2. Carefully attempt to remove one stick at a time from the pile without making any other sticks move. If other sticks move, your turn ends and you cannot collect the stick.
3. After the stick is out of the pile, the player says something they're thankful for, by matching the color to the gratitude categories.
4. The winner is the player who collects the most sticks — but we ALL win when we practice gratitude!

Don't have Pick Up Sticks? Use a bundle of colorful drinking straws and adapt the colors. Or grab dice from a board game and assign numbers to the gratitude categories.

Discussion Questions:

- When is the last time you thanked someone for something they did or said?
- When is the last time someone thanked you?
How did it make you feel?
- How would you feel if you did something nice for someone and they didn't say thank you?

Monthly Challenge:

Think of someone in your life who helps a lot of people — a crossing guard, your pediatrician or your school's maintenance staff. Make a card or draw or write them a thank you note. Send it through the mail or deliver it in person!

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MEET EMMY

Emmy is 13 years old and from Zambia, where she lives with her great-grandmother and six other family members. She and her cousin Prudence love to play with their loving dog, Scooby, and build toys out of mud. Even though Emmy's family didn't have much, they were grateful to be together and loved to make each other happy.

Your monthly gift helps girls like Emmy!

Life in Zambia used to be very difficult for Emmy and her family. They did not have extra money for food, and they did not know how to grow their own vegetables. Emmy was often hungry, and she had to make the long walk to school without breakfast. When she finally got to school, she was tired, hungry and dirty, because all she had to walk in was an old pair of flip-flops. This made school very hard for Emmy.

But then, thanks to people like you, the gift of goats arrived — and changed everything! Heifer taught Emmy's family how to take care of the goats, which is one of Emmy's favorite chores. Her favorite goat is named Rocket. He is white and brown with horns and is always the leader of the pack.

They also learned how to grow vegetables to eat and sell, and Emmy even learned to make her own chips from the potatoes in their garden.

With the money from selling goats' milk and vegetables, Emmy's family can finally afford food, clothes, soap, medicine and more. And now that Emmy gets to eat breakfast every morning and wear her new school uniform, she has become one of the smartest kids in her class!

"I am thankful for you giving us goats, because the goats are helping us with school fees."
— Prudence

Discussion Questions:

• Do you remember Emmy's favorite chore? What is your favorite way to help your family?

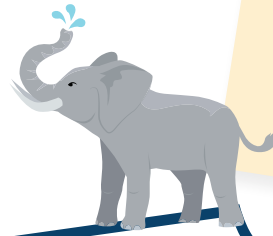
• Emmy used to have to go to school without breakfast. How do you think it might feel to go to school with breakfast? How would you feel if someone tells you thank you?

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ZAMBIA

Heifer began operating in Zambia in 1988.

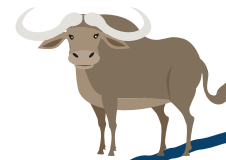


The termite hills are the size of a **HOUSE**.

Zambia is home to Africa's Big Five: **lions, leopards, rhinoceros, elephant and Cape buffalo.**



Zambia is home to Victoria Falls, which is **double** the height of Niagara Falls.



LAKE KARIBA

ZAMBEZI RIVER



The name "Zambia" was taken from the name of the Zambezi River.

SAMPLE

Zambia's man-made Lake Kariba is so huge that in certain parts of it, unknowing visitors think they are looking at the ocean. But Zambia is landlocked, so any real ocean is at least 600 miles away.

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THANK YOU, THANK YOU!

Saying thank you is important — in every language! Here is how to say thank you in **25 languages** spoken around the world. Practice saying each one together as a family, then pick your favorite to start saying around the house. Feel free to look up pronunciation videos online.

Arabic — shukran (shoe-kran)

Chinese, Mandarin — xie xie (she-eh she-eh)

Croatian — hvala (HVAH-lah)

Czech — děkuji (dyekooyih)

Danish — tak (tahg)

Dutch — dank u (dahnk oo)

Finnish — kiitos (key-toss)

French — merci (MEHR-see)

German — danke (dahn-kah)

Greek — epharisto (ef-hah-rees-TOH)

Hawaiian — mahalo (ma-HA-lo)

Indonesian — terima kasih (Tur-EE-mah KAH-see)

Italian — grazie (GRAHTS-yeh)

Japanese — arigato (ah-ree-GAH-toh)

Korean — kamsahamnida (KAM-sah-ham-NEE-da)

Norwegian — takk (tahk)

Polish — dziękuję (Jenkoo-yeh)

Portugese — obrigado (oh-bree-GAH-doo)

Romanian — mulțumesc (mool-tzoo-MESK)

Russian — spasiba (spuh-SEE-buh)

Spanish — gracias (GRAH-syahs)

Swahili — asante (ah-sahn-teh)

Tagalog/Filipino — salamat (sa-LAH-mat)

Thai — khob khun (cob-coohn)

Vietnamese — cảm ơn (gauhm uhnn)



Zambia has more than **72 languages and dialects!** While the country's official language is English, used in business and in education, the main local languages are Nyanja and Bemba. Here's how to say thank you in each!

Nyanja — **Zikomo**
Bemba — **Natotela**

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