



# Add a Dash of Thanks!

Use these quick activity ideas to highlight the importance of the Big Feats Virtual Race and incorporate gratitude and giving back into your lessons!

## Sharing the importance of giving:

- Incorporate these activities into your lessons throughout the giving season.
- Make "giving" the theme in your classroom or gym the week before Thanksgiving.
- Participate in #GivingTuesday and share the the activities with your class on November 27th!



Make sure to share the stories of the high-need schools you'll be helping! Play our Impact Schools video at the beginning of your activity!

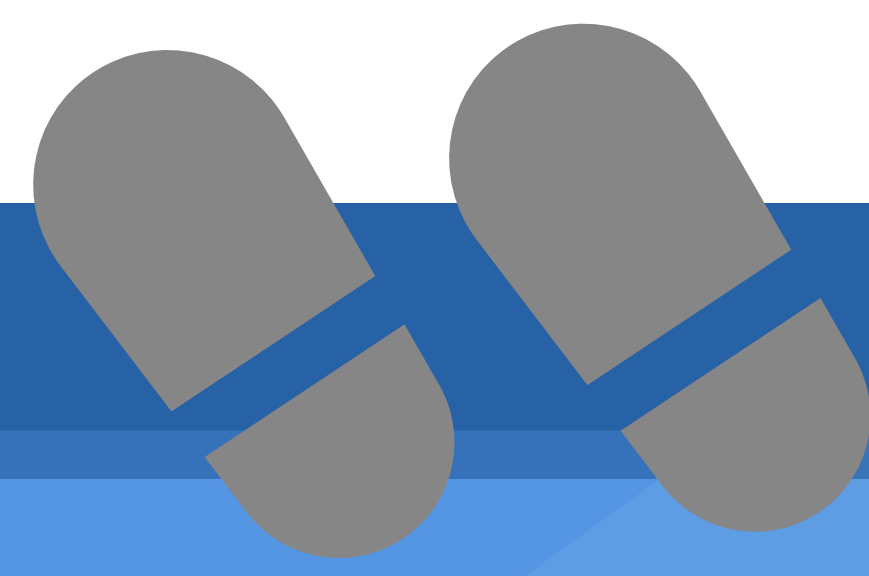


# 1

## Walk and Talk

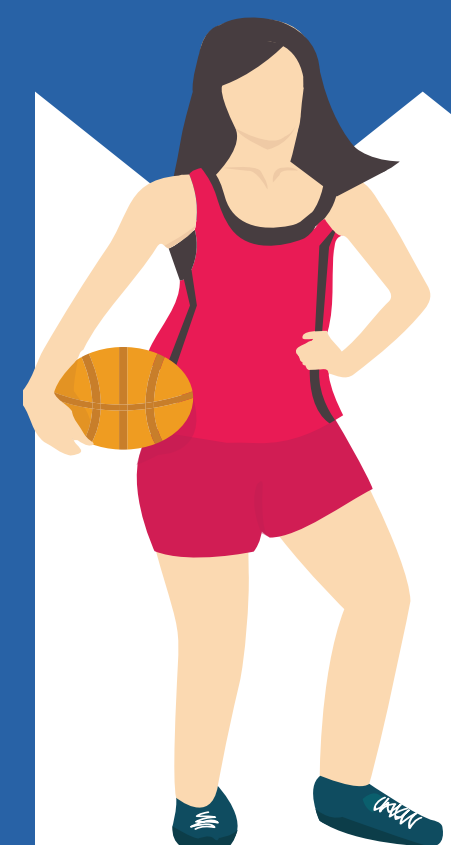
As an instant activity or a cool-down activity, have students get into pairs and walk around the perimeter of the gym or play area for two minutes. Have students discuss one of the following prompts:

- Why is it important to give back to others?
- How does it make you feel when you help or give back to others?
- Why is it important to show gratitude regularly instead of just on or around Thanksgiving?
- What are some examples of things you can do to show more gratitude to your friends, family members, strangers, classmates, etc.?



# 2

## Thankful Tossing



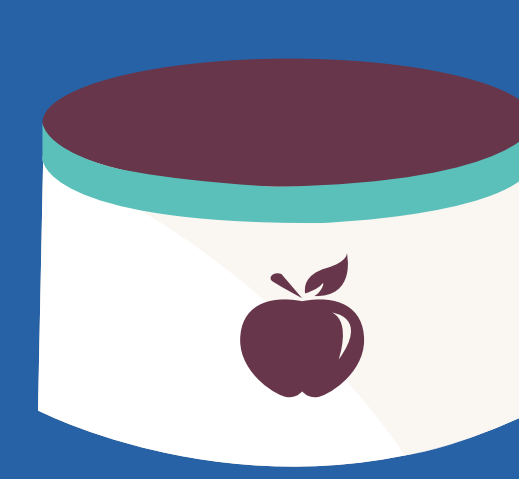
Have your students get into groups of 5-6 with one ball or object. Have students toss the ball to another student across from them. The receiving student will share something they are thankful for. Share this activity with other teachers in your school!



# 3

## Combine Big Feats with Local Giving

While promoting your Big Feats Virtual Race to friends, family and the community, consider ways they can give back to your local community by encouraging them to donate canned goods to a food bank or gently used coats/blankets to a shelter. Encourage people donate to Big Feats AND donate an item by sharing your movement goal commitment.



# 4

## Thank-You Notes

There is always something to be thankful for!

Have students write a short thank-you note to a friend, family member, teacher or anyone they choose. Consider writing personal thank-you notes to encourage your contacts to donate or join Big Feats.



## Join the MOVEment!

Fostering active environments and lessening health disparities and inequities for all children is a Big Feat — but it can be done with your help.

[donate.shapeamerica.org/bigfeats](https://donate.shapeamerica.org/bigfeats)

