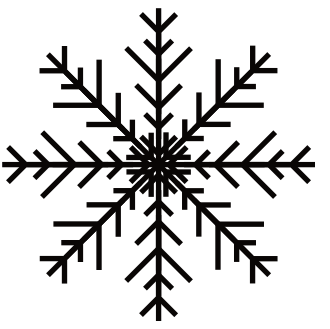


Grateful & Thankful



United Way of Southwest Virginia's 2023 Holiday Fun Guide



Happy Holidays!

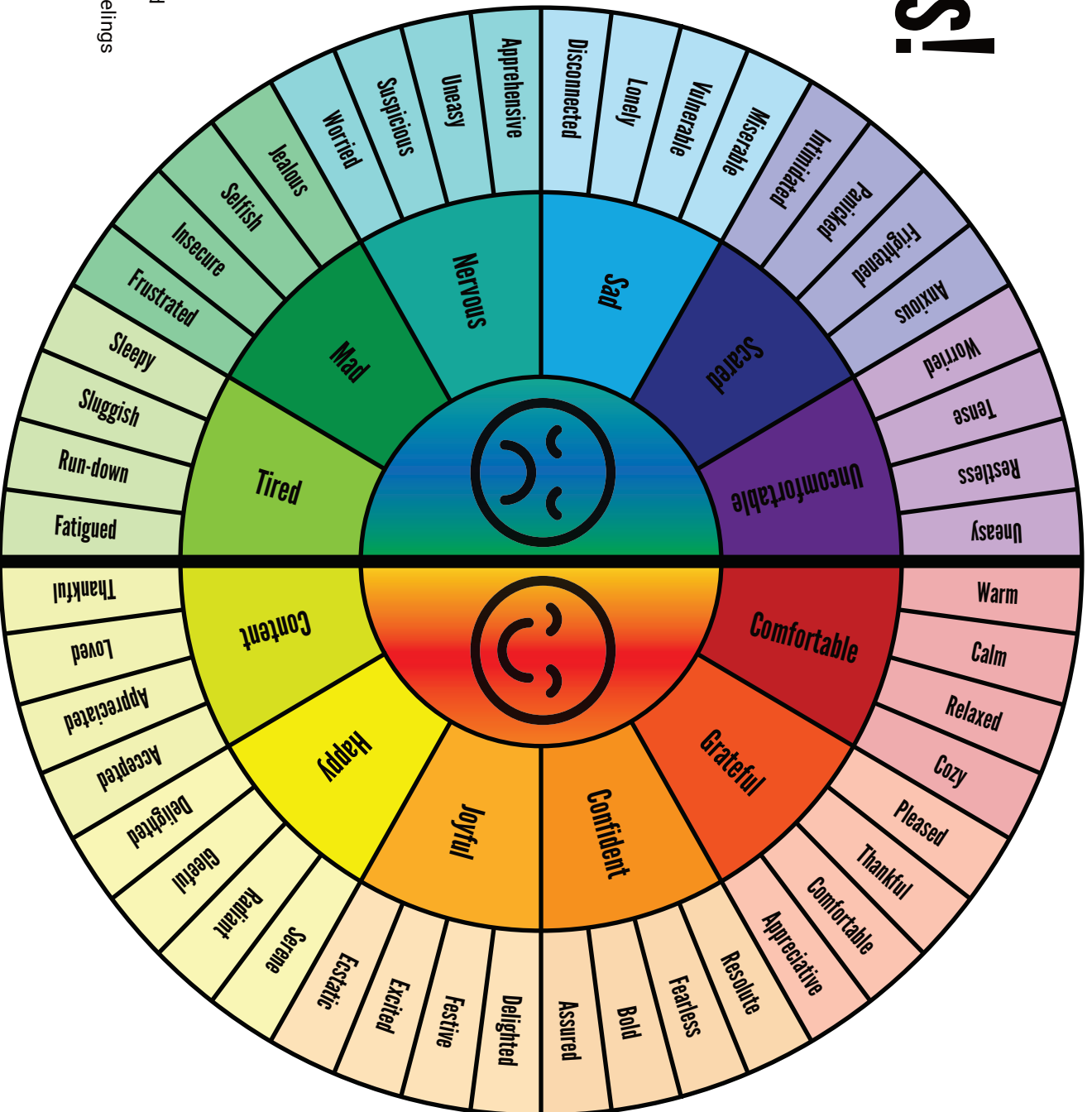
Emotion Wheel

Building Emotional Literacy for Thriving Communities

1. Start at the center of the wheel. Do you feel comfortable or uncomfortable?
2. Next, try to find a word in the outer section that better describes what you feel.
3. Then choose an even more specific word from the outermost section and share that with others to better describe how you feel.

The holidays can be a challenging time for some families. Identifying your feelings can be an important step for understanding your reactions and expressing yourself to others.

United Way of Southwest Virginia believes that all children and families should have the tools and support they need to thrive together. We encourage you to use this tool to express your feelings in healthy ways and build stronger relationships with others.



Conversation Starters

What do you wish you could experience more of during the holidays?

What is your favorite memory of the holidays?

What was the best gift you ever received?

What was the best gift you ever gave?

What does family mean to you?

What are you most grateful for?

If you could start a non-profit, what would it do?

What is your favorite non-profit organization and why?

Are there charitable goals that everyone in your family agrees on?

- For example, increasing the economic health of your neighborhood, etc.

What do you want people to remember you for?

If you could have dinner with anyone in the world, who would it be?

If you had the “perfect day”, what would that be like for you? What would happen?

If you could have one superpower, what would it be and why?

What’s an “unusual” holiday tradition that you/your family have?

If you had a time machine, would you rather go to the future or to the past?

If you were living in a holiday movie, what movie would it be and why?

How early is “too early” to start decorating for the holidays?

What was your favorite trip that wasn’t a family vacation? (Field trip, work trip, etc.)

If you could bring one character from a movie or TV show to life, who would it be?

If you could give someone any gift in the world, what would it be and why?



Notes of Appalachia



**Enjoy this playlist of
local artists and musicians!**

I Am Thankful For...



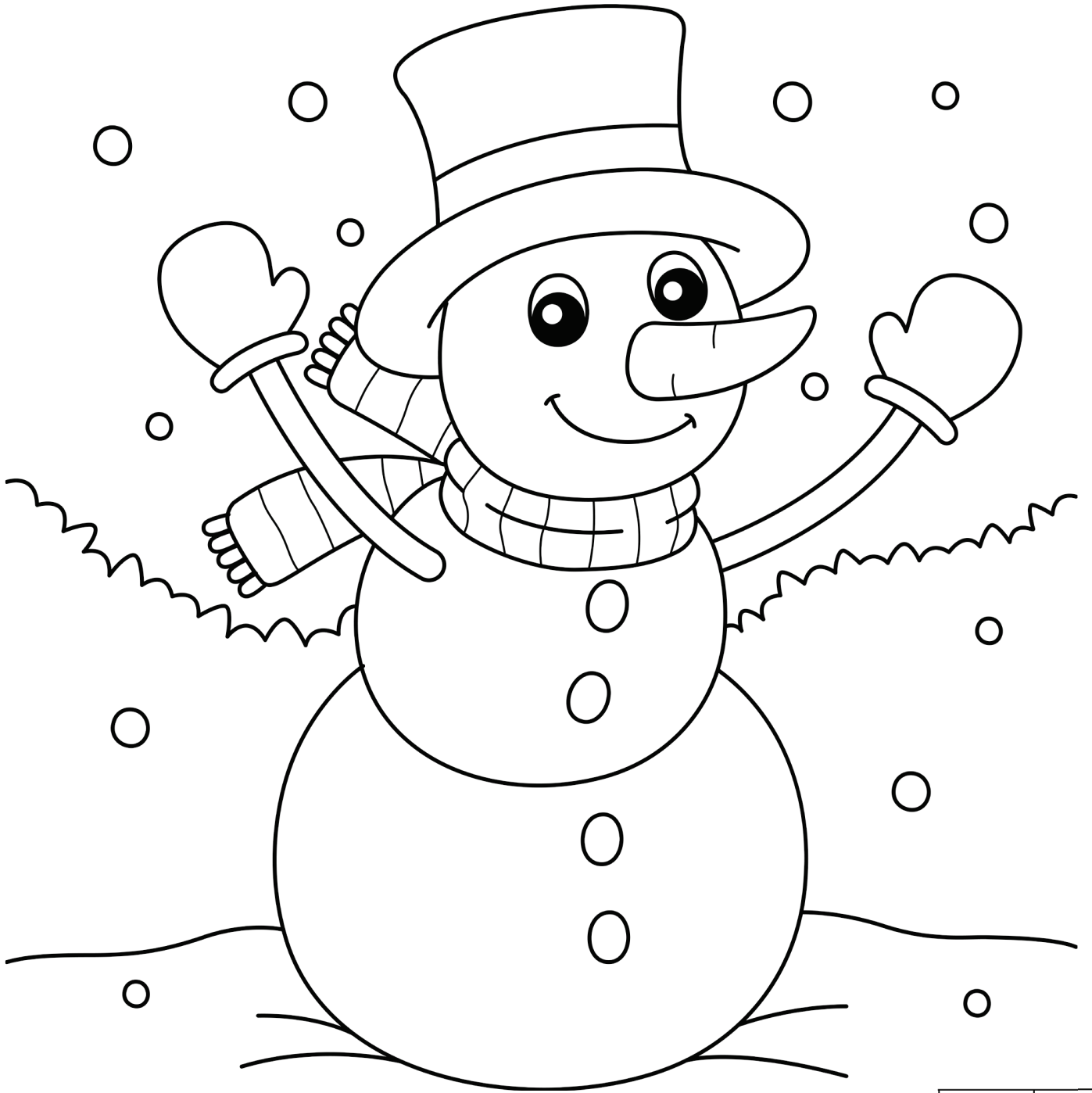
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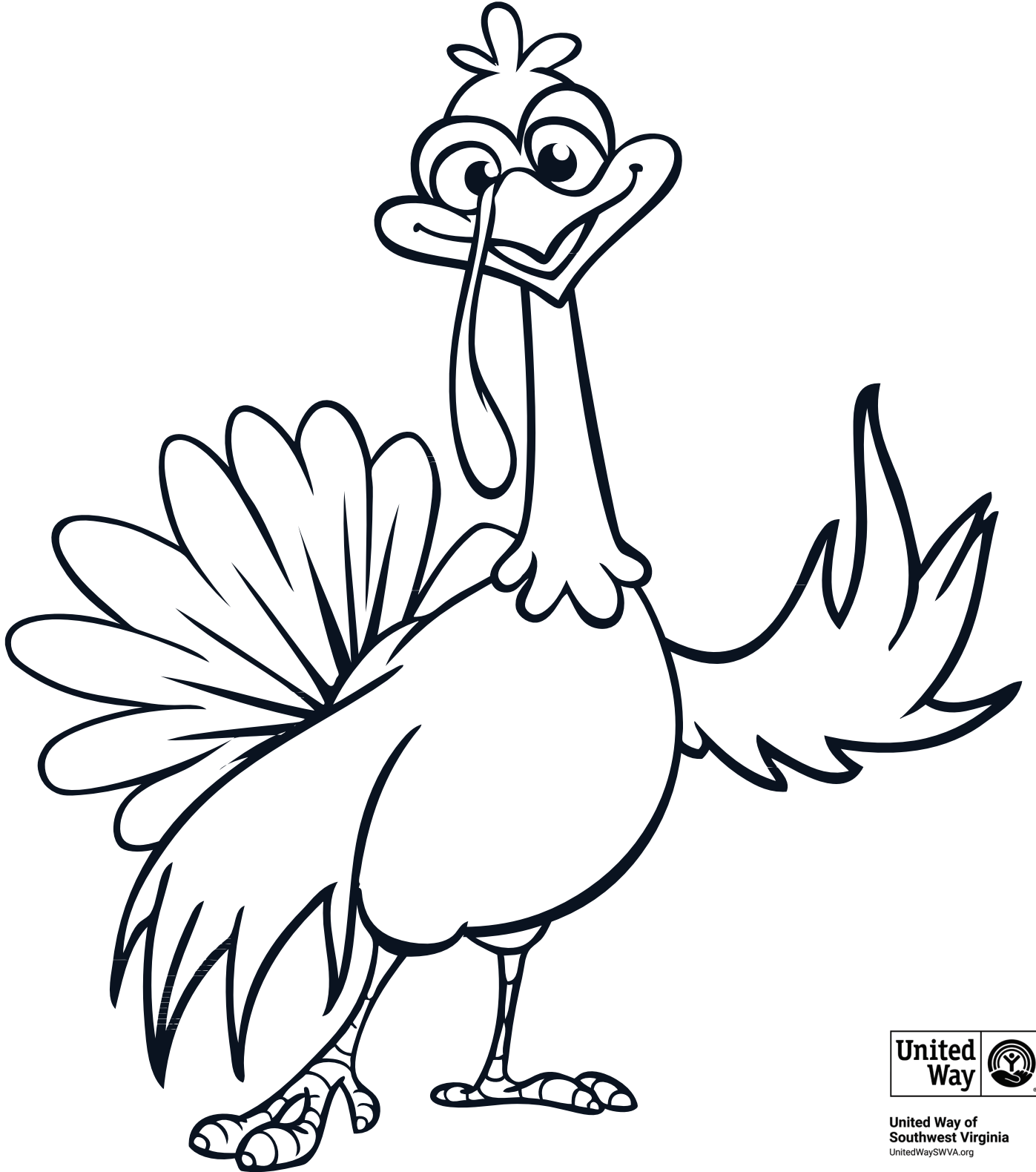


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I Am Grateful For...



I Am Thankful For...




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KINDNESS BINGO

Help a Neighbor	Leave a Kind Note to a Family Member	Clear Your Dishes	Tell Your Family You Love Them	Start a Clothing Drive
Make Someones Bed	Return the Grocery Cart	Help Clean	Plant a Flower or Tree	Give Away Homemade Cookies
Read a Book with Family	Donate \$5 to a Non-Profit	Say Thank You	Collect Canned Food for Food Bank	Call a Family Member
Pick Up Litter	Send Letter to Military Member	Share a Toy	Deliver a Compliment	Leave a Treat for a Delivery Worker
Volunteer at a Non-Profit	Paint a Kindness Rock	Play with a New Friend	Thank a Teacher	Put Away Groceries



CHRISTMAS BINGO

Take a Family Picture	Travel with Family	Watch Basketball	Watch Christmas Parade	Eat Turkey
Roast Marshmallows	Open Presents	Say Thank You	Eat Ham	Wear Ugly Christmas Sweater
Bake Rolls	Play in the Snow		Build a Snowman	Eat Corn
Hug a Family Member	Set the Table	Eat Mashed Potatoes	Decorate the House	Play with New Toys
Eat a Pie	Family Karaoke	Take Picture of Napping Family Member	Eat Green Beans	Help Cook



We Are Thankful for You!

If you enjoyed this holiday guide, please consider giving a donation.



Happy Holidays!

From United Way of
Southwest Virginia



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