



GRATITUDE EXERCISE

Autumn Adventure

Name:

Date:

Place:

Feeling:

In what ways have you experienced gratitude today?

Record gratitude moments below and any thoughts you have below. List the places you experienced gratitude above where it says "Place" and the emotion you felt in your gratitude moment where it says "Feeling."

Kindness Rocks

Kindness rocks are a way to spread kindness around your community in a creative way. All it takes is a few rocks, paint, a marker and a friendly word. Create your rocks, distribute them in your community and make someone's day.

Materials:

- ☐ Multi-surface paint in a variety of colors
- ☐ Paint brushes
- ☐ Paper towels and water for clean up as you go
- ☐ Black paint marker or permanent marker



Instructions:

1. Paint the rocks with different designs and let them dry.
2. Write words of encouragement, quotes, or lyrics with black marker and let it dry.
3. Leave them in public places to spread kindness in your community.

Welcome Home!

Inside you will find all of the essentials you need to start your new home.

Congratulations!

Sincerely,
Your RITI Family

Welcome Home!

***Inside you will find all of the essentials you need to start you
new home.***

Congratulations!

***Sincerely,
Your RITI Family***



WELCOME HOME!

Inside you will find all of the essentials you need to start your new home.

Congratulations!

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Snack Pack Guide

Creating snack packs is a simple way to provide practical help to an individual experiencing homelessness. Keep some in your car so you're prepared to offer one to a person in need, or donate the packs to Room In The Inn.

Shopping list:

- | | | |
|--|--|---|
| <input type="checkbox"/> Gallon-sized Ziplock bags | <input type="checkbox"/> Utensil packs | <input type="checkbox"/> Encouraging note (optional) |
| <input type="checkbox"/> Snack items | <input type="checkbox"/> Water bottles | <input type="checkbox"/> Hand sanitizing wipes (optional) |

What snack items does the ideal snack bag contain?

3 proteins, to include a variety of the following:

- ☐ Small cans or package of tuna or chicken
- ☐ Vienna sausages
- ☐ Beanie weenies
- ☐ Tuna or chicken salad kits
- ☐ Beef jerky
- ☐ Protein bars
- ☐ Protein shakes
- ☐ Nuts

4-5 of the following items:

- ☐ Chips
- ☐ Cookies or Chewy bars
- ☐ Granola bar
- ☐ Pack of sandwich crackers (peanut butter or cheese)
- ☐ Fruit cup
- ☐ Snack cakes
- ☐ Raisins or other dried fruits
- ☐ Fruit leather or fruit snacks

Optional Ideas:

- ☐ Add an encouraging note
- ☐ Throw a snack bag assembly party
- ☐ Decorate bags with fun images

