

# **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 crushes
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.

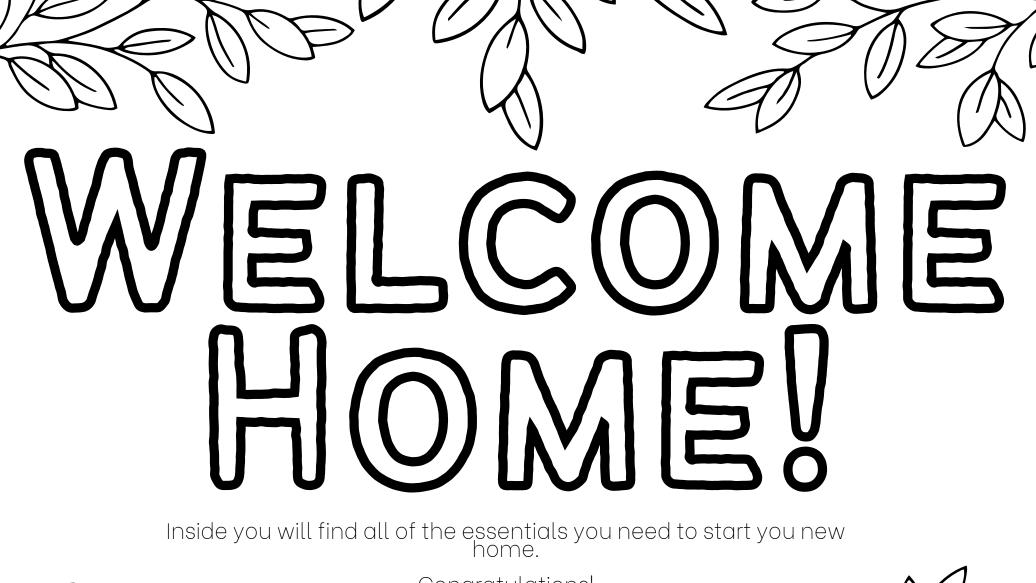


Inside you will find all of the essentials you need to start you new home.

Congratulations!

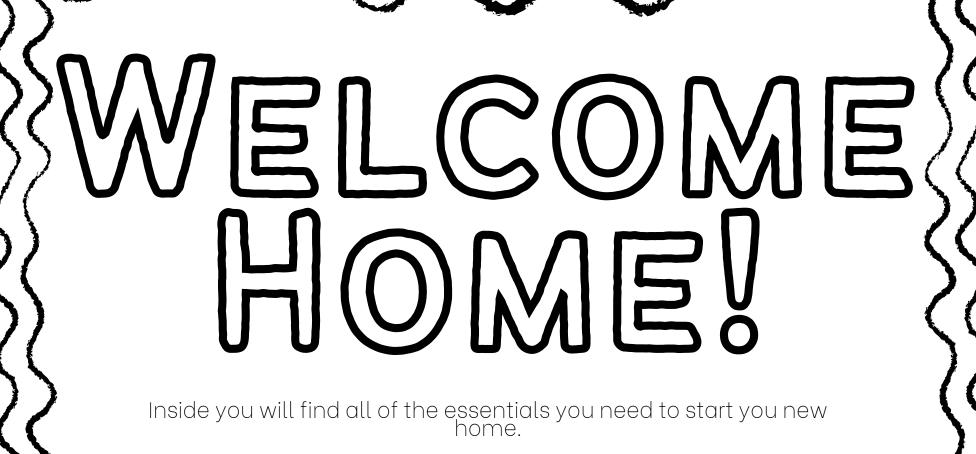
Sincerely, Your RITI Family





Congratulations!
Sincerely,
Your RITI Family





Congratulations!

Sincerely, Your RITI Family





## **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:			
Gallon-sized Ziplock bags	Utensil packs	Encouraging note (optional)	
Snack items	Water bottles	Hand sanitizing wipes (optional)	
What snack items does the ideal snack bag contain?			
3 proteins, to include a variety of the following:	4-5 of the following items:		
Small cans or package	Chips		
of tuna or chicken	Cookies or Chewy bars		
☐ Vienna sausages	Granola bar		
Beanie weenies  Tuna or chicken salad kits	Pack of sandwich crackers (peanut butter or cheese)		
Beef jerky	Fruit cup		
Protein bars	Snack cakes		
Protein shakes	Raisins or other dried fruits		
Nuts	Fruit leather or fruit snacks	SAUSAGE DE LE CONTROL DE LA CO	
Optional Ideas:		BUMBLE BEI	
Add an encouraging note		ON THE RUN	
Throw a snack bag assembly pa	rty	Date Cage in Case Cage in Cage in Case Cage in Cag	
Decorate bags with fun images		13. 53.0 WHOLLDER	