

# 2022 Uplift Program

This program uses nature's rhythms, grounded in holidays and seasons, to help you enjoy transformation in the home.

The first day of each week suggests a theme and lesson, which you can explore in a single setting or break up throughout the week. Holiday mini-lessons are also embedded throughout the week.

If you happen to miss a lesson one week, no worries — just move on. The calendar is meant to support you.

## Note:

- Each day has a discussion question or sentence or quote for reflection. Consider working these into a natural routine at breakfast, car rides, dinner, or bedtime.
- If your kid gives a silly answer to a question, roll with it. Let them take the conversation where they want to. Transformation happens through invitation, not force.
- Each month shows related backup lessons in case you've already done a suggested lesson, or in case a suggested lesson doesn't fit your family's needs that particular week.



# January 2022 — Intentions

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

January comes from *Janus*, a Roman god with two heads. With this in mind, use January to reflect on the past and future.

**1**  
*“Ring out the old, ring in the new ... Ring out the false, ring in the true.”*  
 - Alfred Lord Tennyson

## 2 Intentions

Discover what you want this year and set a goal to get it.

**3**  
 What is one thing you want this year?

**4**  
 What gets in the way of what you want?

**5**  
 What helps you face your challenges?

**6**  
 Sentence stem: “Right now I want...”

**7**  
 What can you give to others this year?

**8**  
*“Happiness is the gradual realization of a worthy ideal or goal.”*  
 - Florence Nightingale

**9 Strengths**  
 Find your strengths and play to them.

**10**  
 When do you feel most alive?

**11**  
 Sentence stem: “One of my strengths is...”

**12**  
 What strengths do you see in each family member?

**13**  
 What strengths do you want to work on?

**14**  
 How do your strengths help other people?

**15**  
*“Be yourself. Everyone else is already taken.”*  
 - Oscar Wilde

**16 Courage**  
 Face your fears and build courage for tough times.

**17 MLK Day**  
 What is one way to oppose unfairness and injustice?

**18**  
 What makes you most nervous?

**19**  
 Sentence stem: “I am bravest when...”

**20**  
 Polarities: How do you listen to caution and courage?

**21**  
 What helps you feel brave?

**22**  
*“Our lives begin to end the day we become silent about things that matter.”*  
 - Martin Luther King, Jr.

**23 Grit**  
 Stay determined to live your intentions.

**24**  
 When do you feel like giving up?

**25**  
 Sentence stem: “One goal I’m working towards is...”

**26**  
 When’s a time you did something you didn’t think you could?

**27**  
 What would you do if you knew you could not fail?

**28**  
 What do you think is more important: talent or grit? Why?

**29**  
*“You may encounter many defeats, but you must not be defeated.”*  
 - Maya Angelou

**30 Practice**  
 Learn to enjoy deliberate practice.

**31**  
 What do you like to practice?

Backup lessons  
 - Habits  
 - Inner Compass  
 - Growing Up  
 - Flow



# February 2022 — Emotions

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	February can be a difficult month emotionally. These lessons help you navigate the challenge.	<b>1</b> <i>What distracts you from practicing?</i>	<b>2</b> Sentence stem: <i>"Practice is hardest when..."</i>	<b>3</b> <i>What is something you're proud of?</i>	<b>4</b> <i>What helps you feel happy?</i>	<b>5</b> <i>"Repetition is the secret of perfection." - Maria Montessori</i>	
<b>6 Naming Emotions</b> Learn Dan Siegel's method, "Name it to tame it."	<b>7</b> <i>If feelings are like the weather, describe your internal weather lately.</i>	<b>8</b> <i>What's the last experience that made you laugh?</i>	<b>9</b> Sentence stem: <i>"In this moment I feel..."</i>	<b>10</b> <i>What song expresses your emotional state today? Why?</i>	<b>11</b> <i>What emotions have you been experiencing a lot this week?</i>	<b>12</b> <i>"When we can talk about our feelings, they become less overwhelming." - Fred Rogers</i>	
<b>13 Managing Emotions</b> Learn how to express big feelings.	<b>14</b> Valentine's Day <i>What is the most difficult emotion to feel?</i>	<b>15</b> <i>What is one thing that helps you manage your emotions?</i>	<b>16</b> Sentence stem: <i>"When I feel big emotions, I like to..."</i>	<b>17</b> <i>When someone else is experiencing big emotions, what do you do?</i>	<b>18</b> <i>What's your favorite way to feel calm?</i>	<b>19</b> <i>"Feelings come and go like clouds in a windy sky." - Thich Nhat Hanh</i>	
<b>20 Anxiety</b> Explore the wisdom of worry — and know when to let go.	<b>21</b> <i>What do you worry about?</i>	<b>22</b> <i>What is helpful to worry about?</i>	<b>23</b> <i>What is not helpful to worry about?</i>	<b>24</b> <i>What helps you when you're full of worry?</i>	<b>25</b> <i>What helps someone who is worried?</i>	<b>26</b> <i>"I saw that worrying had come to nothing. And gave it up." - Mary Oliver</i>	
<b>27 Self-Compassion</b> Practice kind self talk.	<b>28</b> <i>What is one thing you like about yourself?</i>	Backup lessons: - Depression - Grief - Shame					



# March 2022 — Presence

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	March is a time to be present and notice the emergence of spring.	<b>1</b> <i>Sentence stem: "Right now, I feel good about..."</i>	<b>2</b> <i>What is one kind thing you can say to yourself right now?</i>	<b>3</b> <i>Name one good thing you did today.</i>	<b>4</b> <i>Ask someone what they like about you. What did they say?</i>	<b>5</b> <i>"Talk to yourself as you would someone you love." - Brené Brown</i>
<b>6 Compassion</b> <i>Show love for others in need.</i>	<b>7</b> <i>Who needs compassion right now?</i>	<b>8</b> <i>What kind thing can you say to someone else?</i>	<b>9</b> <i>Sentence stem: "I can show compassion by..."</i>	<b>10</b> <i>When has someone been kind to you?</i>	<b>11</b> <i>When have you been kind to someone else?</i>	<b>12</b> <i>If you want to be happy, practice compassion." - Dalai Lama</i>
<b>13 Curiosity</b> <i>Stay curious about all you do.</i>	<b>14</b> <i>What is a question you like to think about?</i>	<b>15</b> <i>Sentence stem: "Right now, I'm curious about..."</i>	<b>16</b> <i>Who is a curious person you know?</i>	<b>17</b> St. Patrick's <i>What holiday do you have the most curiosity about?</i>	<b>18</b> Holi <i>What is one way to be just a little more curious?</i>	<b>19</b> <i>"The power to question is the basis of all human progress." - Indira Gandhi</i>
<b>20 Mindfulness</b> <i>Spring Equinox Stay in the present moment.</i>	<b>21</b> <i>What do you hear right now?</i>	<b>22</b> <i>How do you feel right now?</i>	<b>23</b> <i>What are three things you haven't noticed before about where you are?</i>	<b>24</b> <i>How do you feel after you focus on your breath for a minute?</i>	<b>25</b> <i>How do you know when it's time to take a break from something?</i>	<b>26</b> <i>"Without meditation, wisdom wanes." - Siddhartha Gautama</i>
<b>27 Honesty</b> <i>Be true with yourself and others.</i>	<b>28</b> <i>When is it easy to be honest?</i>	<b>29</b> <i>When is it hard to be honest?</i>	<b>30</b> <i>What is one thing you can be more honest about?</i>	<b>31</b> <i>What is one thing you can be more honest about?</i>	<b>Backup lessons:</b> - Buddhism - Taoism - Shinto	



# April 2022 — Renewal

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Spring is a time for rebirth and renewal.



*Backup lessons:*  
- Islam  
- Christianity  
- Judaism

**1**  
*Sentence stem: "Being honest helps me..."*

**2** Ramadan Begins  
*"No legacy is so rich as honesty."  
- William Shakespeare*

**3** *Growing Up*  
*Remember past challenges and learn to face new ones.*

**4**  
*What do you enjoy about being a kid?*

**5**  
*What do you look forward to about growing up?*

**6**  
*What scares you about growing up?*

**7**  
*Sentence stem: "One thing I miss from when I was younger is..."*

**8** Passover  
*What is a trial you think you'll have to face as you get older?*

**9**  
*"Growth is just awareness of more and more."  
- Elizabeth Goudge*

**10** *The Hero's Journey*  
*Grow by venturing beyond your comfort zone.*

**11**  
*What is an adventure you've had so far in your life?*

**12**  
*What adventure do you hope to have?*

**13**  
*Sentence stem: "When I need help, I can turn to..."*

**14**  
*Who is a hero you look up to?*

**15**  
*What is a challenge you're facing right now?*

**16**  
*"You will either step forward into growth, or you will step back into safety."  
- Abraham Maslow*

**17** *Spirituality*  
*Easter Experience spirituality directly.*

**18**  
*Sentence stem: "I feel peace inside when..."*

**19**  
*When have you felt awe or wonder?*

**20**  
*What is a time when you've felt close and connected to others?*

**21**  
*What makes it hard to feel calm and quiet?*

**22** Earth Day  
*What is a memory in nature that you enjoy thinking about?*

**23**  
*"Spirituality is recognizing and celebrating that we are all inextricably connected."  
- Brené Brown*

**24** *Simple Living*  
*Practice minimalism.*

**25**  
*What is most important to you right now?*

**26**  
*What is one thing you could let go of?*

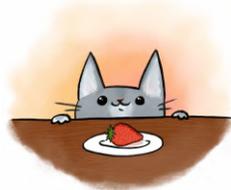
**27**  
*Sentence stem: "I could live more simply if I..."*

**28**  
*Who could you make more time for?*

**29**  
*What is something you love that you've neglected?*

**30**  
*"The more you have, the more you are occupied."  
- Mother Teresa*

# May 2022 — Wisdom

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>1 Focus</b> May Day Decrease distraction in a busy world	<b>2</b> <i>What is a dream or goal you want to accomplish in your life?</i>	<b>3</b> <i>How can you focus just a bit more on what you want?</i>	<b>4</b> <i>What is most important to you right now?</i>	<b>5</b> Sentence stem: "One thing that distracts me is..."	<b>6</b> <i>What's one thing you can do to focus?</i>	<b>7</b> <i>"The main thing is to keep the main thing the main thing."</i> - Stephen Covey
<b>8 Wisdom Reading</b> Mother's Day Get insight and guidance from wisdom texts.	<b>9</b> <i>What is the wisest book you've read?</i>	<b>10</b> <i>What do you think this Buddhist line means? "Hatred does not cease by hatred."</i>	<b>11</b> <i>How would you define wisdom?</i>	<b>12</b> Sentence stem: "The kinds of books I love are..."	<b>13</b> <i>Are there any wisdom texts you want to learn from?</i>	<b>14</b> <i>"We are formed by little scraps of wisdom."</i> - Umberto Eco
<b>15 Journaling</b> Practice reflection and healing via words.	<b>16</b> <i>What is one way you've changed in the past year?</i>	<b>17</b> <i>What are three things you're grateful for right now?</i>	<b>18</b> Sentence stem: "If I could write a letter to my past self, I'd say..."	<b>19</b> Sentence stem: "If I could write a letter to my future self, I'd say..."	<b>20</b> Sentence stem: "If I could write a letter to my current self, I'd say..."	<b>21</b> <i>"I can shake off everything as I write; my sorrows disappear, my courage is reborn."</i> - Anne Frank
<b>22 Meditation</b> Reduce stress and stay present.	<b>23</b> <i>When do you find moments of stillness?</i>	<b>24</b> Sentence stem: "If I feel stressed, I can..."	<b>25</b> <i>How long can you stay focused on breathing in and out without getting distracted?</i>	<b>26</b> Breathe out as slowly as you can three times. What do you feel?	<b>27</b> <i>What is meditation?</i>	<b>28</b> <i>"Meditation is to be aware of what is going on — in our bodies, in our feelings, in our minds."</i> - Thich Nhat Hanh
<b>29 Mindful Eating</b> Be present when you eat.	<b>30</b> Memorial Day <i>What is a memory you have about a meal with family, possibly with a grandparent?</i>	<b>31</b> <i>What is your favorite food?</i>	May is a time to prepare for summer and appreciate timeless wisdom.	Backup lessons: - Stoicism - Taoism - Secular humanism		

# June 2022 — Home Life

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		For many kids, June is the start of summer break — a time to get into routine at home.	<b>1</b> Sentence stems: “I know I’ve had enough to eat when…”	<b>2</b> What will you (or did you) eat today?	<b>3</b> Do your meals feel rushed, slow, or just right?	<b>4</b> “If you love it, savor it.” - Evelyn Tribole
<b>5 Chores</b> Take care of your living space together.	<b>6</b> What is your favorite (or least horrible!) chore?	<b>7</b> Sentence stem: “I help around the house because…”	<b>8</b> What will you (or did you) eat today?	<b>9</b> How does it feel when you finish your chores?	<b>10</b> What if no one in your house did any chores?	<b>11</b> “Nothing more is required of us than to accomplish well the task at hand.” - Marcus Aurelius
<b>12 Digital Technology</b> Know when to use it and when to take a break.	<b>13</b> How do you know you’ve spent too long on a device?	<b>14</b> When do you feel good after using a screen?	<b>15</b> What would you tell your past self about using digital technology?	<b>16</b> Sentence stem: “One way technology can better help me is…”	<b>17</b> Does technology help you get what you want, or does it get in the way?	<b>18</b> “What is it you plan to do with your one wild and precious life?” - Mary Oliver
<b>19 Conflict</b> Father's Day Juneteenth A way to grow together.	<b>20</b> How do you usually respond in a conflict?	<b>21</b> Summer Solstice Is there a new way you want to respond?	<b>22</b> Sentence stem: “When I’m in a conflict I feel…”	<b>23</b> What conflicts do you want to resolve?	<b>24</b> What are some positive aspects of conflict?	<b>25</b> “Without conflict change would be impossible.” - Philip Slater
<b>26 Sleep</b> Explore why sleep matters.	<b>27</b> How do you feel when you get enough sleep?	<b>28</b> Sentence stem: “Before I fall asleep, I like to…”	<b>29</b> What is your sleep routine?	<b>30</b> What is one thing you could do to help your sleep routine?	Backup lessons: - Shinto - Taoism	



# July 2022 — Fun

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

July is a time for fun.

**1**  
*Do you like sleep? :)*

**2**  
*“A holy thing is sleep.”  
- Felicia Hemans*

**3 Creativity**  
*Think of something fun and totally new.*

**4**  
*What do you like to create?*

**5**  
*Sentence stem: “One thing I’m happy I created is…”*

**6**  
*Sentence stem: “I want to create…”*

**7**  
*When do you feel most creative?*

**8**  
*When do you feel least creative?*

**9**  
*“You can’t use up creativity. The more you use, the more you have.”  
- Maya Angelou*

**10 Humor**  
*Laugh together and grow closer together.*

**11**  
*What’s a joke you like?*

**12**  
*What is a funny memory you have?*

**13**  
*When does humor feel good?*

**14**  
*Sentence stem: “One funny thing is…”*

**15**  
*What is the funniest animal?*

**16**  
*“Laughter is the closest distance between two people.”  
- Victor Borge*

**17 Critical Thinking**  
*Explore puzzles, riddles, and games.*

**18**  
*What is something you learned recently?*

**19**  
*How do you know if something is true?*

**20**  
*How does it feel to be wrong about something?*

**21**  
*Have you ever been wrong about something?*

**22**  
*What is hard to know?*

**23**  
*“We need to teach children how to think rather than what to think.”  
- Margaret Mead*

**24 Flow**  
*Learn how to get in the zone.*

**25**  
*What is a challenge that you love?*

**26**  
*When do you feel a sense of accomplishment?*

**27**  
*Sentence stem: “I feel in the zone when…”*

**28**  
*How can you get into the zone more often?*

**29**  
*When you need to rest, do you rest?*

**30**  
*“May what I do flow from me like a river, no forcing and no holding back”  
- Rainer Maria Rilke*

**31 Music**  
*Enjoy the power of music.*

Backup lessons:  
- Hinduism  
- Taoism



# August 2022 — Movement

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
August is a good time to get outside and move.	<b>1</b> <i>What's a song you love to listen to?</i>	<b>2</b> <i>Sentence stem: "One memory I have with music is..."</i>	<b>3</b> <i>How does your body feel when you listen to music you love?</i>	<b>4</b> <i>What is a song that someone in your family likes?</i>	<b>5</b> <i>Have you ever just listened to a song and done nothing else?</i>	<b>6</b> <i>"Music acts like a magic key, to which the most tightly closed heart opens." - Maria Augusta von Trapp</i>
<b>7 Dance</b> <i>Learn to enjoy being embodied.</i>	<b>8</b> <i>How does it feel to dance?</i>	<b>9</b> <i>Have you ever seen a dance performance?</i>	<b>10</b> <i>Is there a kind of dance you like?</i>	<b>11</b> <i>Why do you think even thousands of years ago, humans danced?</i>	<b>12</b> <i>Why do you think people dance today?</i>	<b>13</b> <i>"Dance to the song of life." - Katherine Hepburn</i>
<b>14 Play</b> <i>Enjoy life and have fun together.</i>	<b>15</b> <i>What do you like to play?</i>	<b>16</b> <i>Is there something you once liked to play with but don't any longer?</i>	<b>17</b> <i>Sentence stem: "One thing I like about play is..."</i>	<b>18</b> <i>What is a favorite memory of play?</i>	<b>19</b> <i>Who do you like to play with?</i>	<b>20</b> <i>"Play touches and stimulates vitality, awakening the whole person." - Viola Spolin</i>
<b>21 Exercise</b> <i>Move your body.</i>	<b>22</b> <i>Sentence stem: "My favorite way to exercise is..."</i>	<b>23</b> <i>Is there a type of exercise you'd like to try?</i>	<b>24</b> <i>When do you feel most alive?</i>	<b>25</b> <i>When do you like to exercise?</i>	<b>26</b> <i>Does anything prevent you from exercising?</i>	<b>27</b> <i>"He who knows how to move around becomes strong. He will live longer." - Sumerian proverb</i>
<b>28 Activism</b> <i>Find a cause you care about.</i>	<b>29</b> <i>Where do you see suffering?</i>	<b>30</b> <i>What are you passionate about?</i>	<b>31</b> <i>Is a place where suffering and your passion overlap?</i>	Backup lessons: - Native American religions - Hinduism		

# September 2022 — Community

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		For many kids, September means returning to school. These lessons can help them thrive there.	Backup lessons: - Racism - LGBTQ+ - Consent	<b>1</b> Sentence stem: "One way I can help the world is..."	<b>2</b> Sentence stem: "I want..."	<b>3</b> "Act as if what you do makes a difference. It does." - William James
<b>4 Bullying</b> Learn how to be direct and kind.	<b>5 Labor Day</b> What is an example you've seen of bullying?	<b>6</b> Sentence stem: "One thing I can do to stand against bullying is..."	<b>7</b> Who can you be kind to?	<b>8</b> What is one nice thing you can say to someone?	<b>9</b> Who needs a friend?	<b>10</b> "Blowing out someone else's candle won't make yours burn brighter." - Unknown
<b>11 Self-Advocacy</b> Stand up for yourself.	<b>12</b> Do you feel comfortable asking for help when you need it?	<b>13</b> Sentence stem: "When I need help, I say..."	<b>14</b> What stops you from asking for help, if anything?	<b>15</b> Is there anything you need?	<b>16</b> What can you do to stand up for others who are afraid to stand up for themselves?	<b>17</b> "When you say 'yes' to others make sure you are not saying 'no' to yourself." - Paulo Coelho
<b>18 Respect</b> See the worth of yourself and others.	<b>19</b> Who is someone you respect or admire?	<b>20</b> What do you respect or admire about them?	<b>21</b> Sentence stem: "One thing I respect in other people is..."	<b>22 Fall Equinox</b> What do you respect about yourself?	<b>23</b> How can you show other people respect?	<b>24</b> "I respect myself and insist upon it from everybody. And because I do it, I then respect everybody too." - Maya Angelou
<b>25 Friendship</b> Learn how to be a good friend and keep good friends.	<b>26</b> What are some of your best memories with friends?	<b>27</b> Do you feel like your friendships are fair?	<b>28</b> Is there someone you want to be better friends with?	<b>29</b> What do you like about your friends?	<b>30</b> What is one thing you can do to be a better friend?	



# October 2022 — Connection

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

*Fall is a time to let go and connect to the past.*

**1**  
*“What a wonderful thing it is for two souls to understand each other.”*  
 - Teresa of Avila

## 2 Fairness

Ensure there's enough for everyone.

**3**

*Have you ever said, “That’s not fair”? Were you right?*

**4**

*What do you have that someone else doesn’t have?*

**5**

*What is the most unfair thing you’ve seen?*

**6**

*Sentence stem: “One way I can make things more fair is…”*

**7**

*What is one thing you could do to make life more fair for someone else?*

**8**

*“Injustice anywhere is a threat to justice everywhere.”*  
 - Martin Luther King, Jr.

## 9 Forgiveness

Find peace after conflict.

**10**

*Is there someone you wish would forgive you?*

**11**

*Is there someone you’d like to ask for forgiveness?*

**12**

*Sentence stem: “One thing I can do to find peace is…”*

**13**

*Is there anything you want to apologize for?*

**14**

*What is one way to encourage forgiveness in each other?*

**15**

*“Risk returning injury with kindness, or hostility will never turn to goodwill.”*  
 - Lao Tzu

## 16 Polarities

Explore the connection of opposites.

**17**

*How do you balance courage and caution?*

**18**

*Have you ever said, “That’s not fair”? Were you right?*

**19**

*Is there anything you have too much or too little of?*

**20**

*What would happen if we had only night or only day?*

**21**

*How do you balance confidence and humility?*

**22**

*“All things come into being by conflict of opposites.”*  
 - Heraclitus

## 23 Timeless

**Wisdom**  
 Connect to words from the past.

**24** Diwali

*If you could only read one book for the next year, what would it be?*

**25**

*What does wisdom mean to you?*

**26**

*What is your favorite story? What does it teach you?*

**27**

*What is a word, phrase, or quote that is meaningful to you?*

**28**

*What is the oldest story you can think of?*

**29**

*“These great wisdom traditions remain our most resourceful guides to the Infinite.”*  
 - Philip Novak

## 30 Lineage

Connect to your family.

**31** Halloween

*Do you have a favorite family story about Halloween?*

Backup lessons:

- Sexuality
- Inner compass



# November 2022 — Gratitude

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	November is a time to be grateful for the abundance in life.	<b>1</b> Dia de los Muertos <i>What do you know about your ancestors?</i>	<b>2</b> <i>Sentence stem: "One thing I'd like to learn about my parents is..."</i>	<b>3</b> <i>What do you want to be remembered for?</i>	<b>4</b> <i>Is there anything you want to learn about where you came from?</i>	<b>5</b> <i>"Do not despise the breath of your fathers, but draw it into your body." - Native American prayer</i>
<b>6</b> <i>Role Models</i> <i>Celebrate people who matter to you.</i>	<b>7</b> <i>Who are the people you are most inspired by?</i>	<b>8</b> <i>What about them inspires you?</i>	<b>9</b> <i>What is one quality or ability you want to cultivate?</i>	<b>10</b> <i>Who can you look to for guidance with that quality or ability?</i>	<b>11</b> <i>Sentence stem: "Someone that helps me be my best self is..."</i>	<b>12</b> <i>"Follow good and wise people as the moon follows the path of the stars." - The Dhammapada</i>
<b>13</b> <i>Stillness</i> <i>Be still and be grateful.</i>	<b>14</b> <i>How often do you have moments of silence in the day?</i>	<b>15</b> <i>How does it feel to be still?</i>	<b>16</b> <i>Is there a difference between being still on the inside and still on the outside?</i>	<b>17</b> <i>Sentence stem: "When I am still and silent I notice..."</i>	<b>18</b> <i>What can you do to welcome more stillness and silence in your life?</i>	<b>19</b> <i>"To hear, one must be silent." - Ursula K. Le Guin</i>
<b>20</b> <i>Gratitude</i> <i>Celebrate abundance.</i>	<b>21</b> <i>What magic does this moment offer?</i>	<b>22</b> <i>What is something you're grateful for but hardly notice because you're so used to it?</i>	<b>23</b> <i>What are you grateful for today that people didn't have 500 years ago?</i>	<b>24</b> <i>Thanksgiving</i> <i>Sentence stem: "In this moment I am most thankful for..."</i>	<b>25</b> <i>Describe your favorite moment today.</i>	<b>26</b> <i>"What, at this moment, is lacking?" - Zen Master Rinzai</i>
<b>27</b> <i>Humility</i> <i>Open the door to learning and growth.</i>	<b>28</b> <i>What is a strength you admire in someone else?</i>	<b>29</b> <i>Sentence stem: "One way I can be humble is..."</i>	<b>30</b> <i>What helps you feel humble?</i>	<b>Backup lessons:</b> - Native American religions - Buddhism		

# December 2022 — Giving

Sun

Mon

Tues

Wed

Thurs

Fri

Sat



December is a time to give to others.

**Backup lessons:**  
 - Christianity  
 - Compassion  
 - Generosity

**1**  
*What person or fictional character shows humility? How are they humble?*

**2**  
*How is being humble the same as being strong?*

**3**  
*"Humility is the surest sign of strength."  
 - Thomas Merton*

**4 Giving**  
*Give to those in need.*

**5**  
*Who do you know that needs something? Is there a way you can help?*

**6**  
*What is the kindest thing someone has given you?*

**7**  
*Sentence stem: "When I give I feel..."*

**8**  
*Is it easier for you to give your time or your possessions? Why?*

**9**  
*Do you usually give freely or do you expect something in return?*

**10**  
*"For it is in giving that we receive."  
 - St. Francis of Assisi*

**11 Purpose**  
*Find your purpose.*

**12**  
*What do you love to do?*

**13**  
*Who do you know who needs help?*

**14**  
*Where does what you love and what other people need overlap?*

**15**  
*Sentence stem: "One thing that makes me feel alive is..."*

**16**  
*What is one purpose you have right now?*

**17**  
*"True happiness...is not attained through self-gratification, but through fidelity to a worthy purpose."  
 - Helen Keller*

**18 Kindness**  
*Treat others well.*

**19**  
*What is a strength you admire in someone else?*

**20**  
*Who is a kind person that you know?*

**21 Winter Solstice**  
*Sentence stem: "One person I can be kinder to is..."*

**22**  
*What is one thing you can give up to be more kind?*

**23**  
*When is it easiest to be kind?*

**24**  
*"Be kind whenever possible. It is always possible."  
 - Dalai Lama*

**25 Hope**  
*Christmas  
 Find hope as the year ends.*

**26**  
*What gives you hope for a better future?*

**27**  
*Sentence stem: "I feel the most hope when..."*

**28**  
*What do you hope happens tomorrow?*

**29**  
*What do you hope happens next week?*

**30**  
*What do you hope for in the upcoming new year?*

**31**  
*"Hope is the thing with feathers / that perches in the soul."  
 - Emily Dickinson*