



LOCALLY GROWN GRATITUDE

Let's create a greater sense of gratitude for ourselves and our community. Complete a BINGO to be entered into our drawing for \$50 donated to a local organization of your choice!

To enter - submit a photo of your BINGO to our FB page or info@risevt.org between November 1st-30th

B	I	N	G	O
Take a photo of something beautiful in your community	Share your personal wellness practice with someone else	Think of 1 thing you are thankful for today and share it with someone else	Attend a community event or public meeting	Write a positive note and give it to someone
Write a thank you note	Support a local business	Volunteer at a local organization	Surprise a friend by taking them food	Avoid Gossip
Ask a non-profit what they need and donate items	Call or text an old friend	RISE 	Smile at a stranger	Research a local food shelf
Pay it forward (buy someone else's coffee)	Write down 3 things you are thankful for	Design your own piece of art	Experience something new	Read a book or a magazine
Take a walk	Try a new healthy recipe	Close your eyes and take a few deep breaths	Visit a local trail and be in nature	Visit your local library or museum