

FCT Day of Giving Project Ideas

Giving Project Ideas

Teacher appreciation gifts involving parents and kids
Healthcare worker appreciation
Words of affirmation/positive quotes for coworkers
Volunteering with refugee organizations
Delivering meals on wheels (connecting with a population outside of the day to day)
Clothing exchange for families
Hiking with dogs (connecting with local humane society)
Volunteering at an animal shelter
Delivering baked goods
Donating clothing
Rock painting that includes positive statements (can place them around the community)
Creating laundry baskets full of necessities for families
Reading to students/daycare/retirement home (in person or over video chat)
Donating blood
Planting trees
Book donation drive
Creating bags for children going into foster care
Delivering items to neighbors anonymously (flower bombs, a nice note, etc.)
Make masks for others
Cooking a meal for others
Reading online to residents through Zoom/video chat
Tutor or teach a skill to someone
Clean the playground at a school
Build and sponsor a flower garden at a school or office
Participate in a walk/run event
Relief aid for foreign countries
Help someone with cleaning or caring for a pet that may have a hard time doing those things alone
Surprise a coworker with a gift
Leave inspirational quotes around your house or office for others to find
Buy someone a tea or coffee
Send funny or inspirational emails or texts to make someone smile

Helping think outside of the box

- Have children share ideas as well
- Talk about this with families throughout the process so they can be thinking about it along the way
- Utilizing things going on with families/staff to generate ideas
- Ask questions instead of giving specific ideas (what has your family learned/experienced or how has your family specifically grown that could be combined with your idea of giving?)
- Using previous activities in Restructuring (values sort/conversations about shared family interests) to help bolster the conversation
- Explore what your team's "Area of Team Functioning" is that needs some work and do a give back project that relates to that
- Continue mini actions of giving by encouraging family members to each do an act of kindness each week randomly and everyone reports back to share their results and feelings about it

#FCT
#FCTDAYOFGIVING

#FCTDAYOFGIVING2022
#FAMILYCENTEREDTREATMENT