

GRATITUDE AND GIVING CALENDAR

WEEK 1

Refugees often have no way to keep warm. Give **5 cents** for every blanket, quilt, or comforter in your house.

WEEK 2

People everywhere need basic tools to help them repair equipment and homes. Give **\$1** if your family has a toolbox or a workshop.

WEEK 3

Water is our most important natural resource and many people don't have easy access to clean water. Give **5 cents** for every time you turn on the water faucet today.

WEEK 4

When homes are destroyed by floods and mudslides, CWR partners with the community to rebuild. Give **5 cents** for every year your home has remained standing.

WEEK 5

Many people around the world don't have access to education. Give **5 cents** for every year you've attended school.

WEEK 6

Many poor families live in homes without windows or doors. Give **5 cents** for every window and door in your home.

WEEK 7

Trees help keep the soil in place so homes don't wash away and provide good soil for planting. Give **5 cents** for every plant in your home and every tree or bush in your yard.

WEEK 8

Through CWR, women in poor countries are learning how to read and write. Give **10 cents** for every person in your home who knows how to read.

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WEEK 9

More than 300 million children are chronically hungry. Give **50 cents** for every meal or snack you have eaten today.

WEEK 10

In many places, people must travel a long distance for medical care. Give **25 cents** for every family doctor and dentist you have.

WEEK 11

In many places in the world, people don't have a say in how their government is run. Give **25 cents** for every person in your family that can vote.

WEEK 12

With a small loan, people can start a woodworking business. Give **5 cents** for every piece of wooden furniture in your home.

WEEK 13

In East Africa, hungry people receive seeds and training to help them grow food. Give **5 cents** for every food you can name that starts as a seed.

WEEK 14

Many children don't have clean water to brush their teeth. Give **10 cents** for every toothbrush in your house.

WEEK 15

In Sub-Saharan Africa, about one in every six children dies before the age of five from infectious diseases. Give **25 cents** for every person in your family over five years old.

WEEK 16

After a disaster, people need mops, gloves, and soap to clean their homes. Give **5 cents** for each thing in your house that helps you clean your home.

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WEEK 17

In homes without electricity, there is no light to use in the evening when the sun goes down to do homework or read. Many families have to use candlelight to do these tasks. Give **25 cents** for every candle you have in your home.

WEEK 18

Your gifts provide clean water, something we often take for granted. Guess how many gallons of water you use in the shower or bath. Give **10 cents** for every gallon.

WEEK 19

Teaching girls different job skills, like sewing, can help them to provide for themselves and their families. Give **10 cents** for every button or zipper you are wearing today.

WEEK 20

In many parts of the world the land can no longer produce food to eat. New techniques and tools for farming are needed. Give **5 cents** for every gardening or farming tool in your house.

WEEK 21

Natural disasters and war bring forced separation from family members and friends. Give **25 cents** for every hour your family spends together today.

WEEK 22

Many children throughout the world do not have a place to sleep at night due to poverty. Give **25 cents** for every sleeping bag and bed in your house.

WEEK 23

Staying clean helps us stay healthy. People around the world need toothbrushes, soap, and shampoo. Give **5 cents** for every type of soap in your home.

WEEK 24

In many poor areas, women don't have a doctor to help them deliver their babies. Give **\$1** if you had a doctor, nurse, or trained midwife to help when you were born.

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WEEK 25

Eggs are a great source of protein, but many people can't afford them or don't have access. Give **5 cents** for every egg in your refrigerator.

WEEK 26

Different parts of the West African Moringa tree can be used for food, to purify water, and to make dye and medicine. Give **5 cents** for every kind of tree you can name that gives us food.

WEEK 27

More people in the world have access to a cell phone than have a toilet. Give **50 cents** for each toilet in your home.

WEEK 28

In many places in our world, people grow all of the food they eat. Give **25 cents** for each time your family has gone to the grocery store this week.

WEEK 29

Many families do not have access to a private bath or shower. Give **\$1** today for every shower and bathtub in your home.

WEEK 30

Many children in the world are not able to go to school and do not have much time to play because they have to help their families work and earn money. Give **5 cents** for every toy in your home.

WEEK 31

Nearly half the world's population (more than 3 billion people) live on less than \$2.50 per day. Give **\$2.50** today and pray for those who live in poverty.

WEEK 32

When we don't have healthy food to eat, our bodies don't grow the way they are supposed to. Many poor children around the world haven't eaten enough nutritious food and they have become stunted, or haven't grown properly. Give **10 cents** for every fruit or vegetable you can name.

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WEEK 33

Measles, malaria, and diarrhea are three of the biggest killers of children but they are all preventable. Give **\$1** for each member of your family that has gone to the doctor this year.

WEEK 34

A cow can make all the difference. It provides milk for a family to drink and sell. Give **5 cents** for each food item in your fridge that comes from animals.

WEEK 35

When children drink unclean water, they can become very ill. This causes them to miss school. Give **5 cents** for each day you've gone to school this year.

WEEK 36

Many people around the world do not have the opportunity to learn how to read or write. Give **5 cents** for every book you own.

WEEK 37

Hunger is the world's #1 health risk. Give **10 cents** for every meal you've eaten this week.

WEEK 38

In poor countries, many people depend on a fire to cook their food. If your family has a stove or oven, give **\$2**.

WEEK 39

When families are poor, they do not have the ability to save for family celebrations or events. Give **10 cents** for each family celebration you have been to in your lifetime (wedding, funeral, reunion, etc.).

WEEK 40

The elderly are more vulnerable to become ill. They are especially at-risk in poor communities. Give **50 cents** for every grandparent you have living.

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WEEK 41

70% of the world's hungry are women. Give **50 cents** for every woman in your family.

WEEK 42

When a disaster strikes, it can be very hard to find a place to sleep, food to eat, and water to drink. Give **5 cents** for every plate in your home.

WEEK 43

Many women throughout the world earn money for their families by cooking and selling food. Give **25 cents** for every time you've gone to a restaurant this month.

WEEK 44

16% of the world's population (1.2 billion people) live without electricity. Give **5 cents** for every light bulb in your home.

WEEK 45

More than 59 million children under age 5 are undernourished and underweight. Give **5 cents** for each pound you weigh.

WEEK 46

Children in refugee camps have no fruits or vegetables to eat. Give **5 cents** for every serving of fruit or vegetables you ate today.

WEEK 47

In families without access to clean water, it is most often the mother and daughters who spend hours each day fetching water. This means that they do not have time to do other important tasks, like going to school or working for an income. Give **25 cents** for every woman or girl in your family.

WEEK 48

In some villages, people have no bandages or ointment to keep cuts clean. Give **50 cents** if you have bandages and antibacterial ointment in your home.

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WEEK 49

All homes around the world do not have heat or air conditioning. Give **\$1** today if your home is warm enough in winter and cool enough in the summer.

WEEK 50

One in nine people in the world will go to bed hungry tonight. Give **25 cents** for every snack you've eaten this week.

WEEK 51

Many of the world's poor live in one-room homes. Give **50 cents** for every room in your home.

WEEK 52

The typical weight of water that women in Africa and Asia often have to carry on their heads is 40 pounds. Can you pick up 40 pounds? A gallon of milk weighs about 8 pounds. Give **\$1** for every gallon of milk in your home.