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| **December Purposeful Programming**  |
| DAY  | CELEBRATION IDEAS AND RESOURCES  |
| Dec.1st National Eat a Red Apple Day | * [Types of Red Apples](https://mymasterpieceliving.com/resource/types-of-red-apples/)
* National Geographic Article: [History of Apples](https://www.nationalgeographic.com/culture/food/the-plate/2014/07/22/history-of-apples/)
* Apple **recipes**:
	+ [Healthy Apple Muffins](https://mymasterpieceliving.com/resource/healthy-apple-muffins/)
	+ [Apple Cinnamon Overnight Oats](https://mymasterpieceliving.com/resource/apple-cinnamon-overnight-oats/)
	+ [Vegan Apple Pie Smoothie](https://mymasterpieceliving.com/resource/vegan-apple-pie-smoothie/)
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| Dec. 1st:National Day of Giving | * #GIVING TUESDAY is the first Tuesday after Thanksgiving:
	+ <https://www.givingtuesday.org/>
	+ [Giving Tuesday FAQs](https://www.givingtuesday.org/sites/default/files/2020-08/GivingTuesday%20FAQ.pdf)
* TED Talk on **Giving** and Happiness: [How to Buy Happiness](https://www.ted.com/talks/michael_norton_how_to_buy_happiness?referrer=playlist-on_generosity)
* Find a Nonprofit near your community: <https://greatnonprofits.org/>
	+ Promote different **giving** opportunities:
		- Donate clothes, blankets, gloves, personal and hygiene items to homeless shelters.
		- Food Drive
		- Kids Toy Drive
* Giving Tree Video (5min): <https://www.youtube.com/watch?v=XFQZfeHq9wo> ?
* [10 Great Movies about Volunteering and Giving Back](https://blogs.volunteermatch.org/10-great-movies-about-volunteering-and-giving-back)
* Article: [Kindness in Crisis](https://mymasterpieceliving.com/resource/kindness-in-crisis/) by Teresa Amaral Beshwate, MPH
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| Dec. 10th: **Human Rights Day** | * Worksheet: [Moment of Reflection: Human Rights](https://mymasterpieceliving.com/resource/moment-of-reflection-human-rights/)
* TED talk: [What If a Single Human Right Could Change the World?](https://www.ted.com/talks/kristen_wenz_what_if_a_single_human_right_could_change_the_world?language=en)
* Two articles that list the best **human rights** films:
	+ <https://phr.org/our-work/resources/the-best-human-rights-films-of-2019/>
	+ <https://www.amnesty.org.au/7-best-human-rights-films/>
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| Dec. 21st:**National Crossword Puzzle Day** | * Create your own **crossword puzzle** using words about your community, town, or state. Or have residents submit words and descriptions.
	+ [Crossword Puzzle Generator](https://www.education.com/worksheet-generator/reading/crossword-puzzle/)
* [Washington Post Daily Crossword Puzzles](https://www.washingtonpost.com/crossword-puzzles/daily/). Print or play online.
* Discover [New Word Games Apps](https://mymasterpieceliving.com/resource/new-word-games-apps/)
* Find more brain health exercises including Sudoku puzzles on the MPL website: **Resources > Brain Health Resources-Dr. Rob Winningham**
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