|  |  |
| --- | --- |
| **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/) |
| 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 |
| 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/> |
| 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** |