|  |  |  |
| --- | --- | --- |
| **November Purposeful Programming** | | |
| **Master the Moment**  *Master the Moment* is a campaign powered by Masterpiece to encourage and challenge participants to capture the small moments that bring them joy and gratitude. By being mindful and embracing small moments, we learn to appreciate every aspect of life, no matter how large or small, allowing us to positively impact our health and wellbeing. | | |
| DAY | | CELEBRATION IDEAS AND RESOURCES |
| November 1st:  **National Cinnamon Day** | | * Invite residents and team members to share their favorite **recipes** or **try these**: * [Apple Cider Recipe](https://www.allrecipes.com/recipe/211772/homemade-apple-cider/) * [Vanilla Cinnamon Almond Butter](https://mymasterpieceliving.com/resource/vanilla-cinnamon-almond-butter-recipe/) * [3-Ingredient Cinnamon Ornament (bake and no-bake options)](https://mymasterpieceliving.com/resource/3-ingredient-cinnamon-ornaments/) * [Cinnamon Stick Crafts](https://www.homedit.com/cinnamon-stick-crafts/)      * Hold a “Pop up” Cinnamon Sachet-Making booth. Have volunteers sew simple fabric sachet packets ahead of time and schedule pop-in times for residents to make a **cinnamon sachet** this day/week. * [DIY Drawer Sachets](https://www.thepioneerwoman.com/home-lifestyle/crafts-diy/a85361/diy-drawer-sachets/) * [Learn About the Amazing Health Benefits of Cinnamon](https://www.medicalnewstoday.com/articles/266069) (article)      * YouTube **Videos**: * [Where Cinnamon Comes From](https://www.youtube.com/watch?v=ccbhaxE5B24) (7minutes)   + - [A Brief Look at the Fascinating History of Cinnamon](https://youtu.be/JeaNmlfuoX8)  (4 minutes) |
| November 3rd:  **National Stress Awareness Day** | * **TED Talks:**   + [Beating Stress is Easier Than You Think](https://youtu.be/zDlz5N6DXuE)  (17 minutes)   **Discussion Questions:**   1. Can stress enhance your overall state of being? 2. Outside of S.E.E. (Sleep, Eat, Exercise), what other resources do you use to deal with stress?      * [What One Skill = An Awesome Life?](https://youtu.be/1EHZAQmw2JA) (19 minutes)   **Discussion Questions:**   1. Do you have the adaptability skill or are you resistant to change? 2. How long does it take you to adjust to changes in your environment? 3. What could help you ease into changes that benefit your lifestyle?  * Master-Peace Circle Guided **Meditations**:  [YouTube Link](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmymasterpieceliving.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D498b978050979d1f85c4b4e16%26id%3D118b3f1d28%26e%3Ddde14ad732&data=01%7C01%7Ckai%40mymasterpieceliving.com%7C980c2890fe644312fad408d833bf478d%7C21451a7b244a402e9826c9a72e6863ff%7C0&sdata=jrv2pPGUI7bRrSsJYqb4CNsjlz9jxqbKgBzwZJ4df3I%3D&reserved=0)      * Moment of Reflection **Worksheet**: [Exploring a Struggle](https://mymasterpieceliving.com/resource/exploring-a-struggle-moment-of-reflection/) * **Article** by Danielle Palli: [I Want to Be Social but People are Scary (particularly during a pandemic)](https://mymasterpieceliving.com/resource/i-want-to-be-social-but-people-are-scary-particularly-during-a-pandemic/) * Listen to Dr. Roger and Friend’s **Podcast**: [Coping with Change and Developing an "Abundance" Mindset](https://www.youtube.com/watch?v=Vku1dYxvtz8) (17 minutes)      * Stress Ball Station: Make a **Stress Ball**today! * Using a latex balloon, cornstarch and water, watch this video for instructions:  [DIY- Best Stress Ball Ever!](https://www.youtube.com/watch?v=ndp2gq6wveM) | |
| November 13th:  **World Kindness Day** | * Review these two websites that provide resources and **ideas** for World Kindness Day:   + <https://inspirekindness.com/world-kindness-day>     - Focus on team members with these [Kindness Ideas](https://s3.us-east-2.amazonaws.com/inspire-kindness/World_Kindness_Day_Business_Printables.pdf).   + <https://www.randomactsofkindness.org/world-kindness-day> * [75 Random Acts of Kindness Ideas: Examples of Nice Things to Do](https://bucketlistjourney.net/random-acts-of-kindness-ideas-and-examples/) * Share this  [Kindness Meditation](https://mymasterpieceliving.com/resource/inspire-session-2-kindness-meditation/).      * **TED Talk:**   + [Creating Happiness Through Kindness](https://youtu.be/aOHWlVkIjjI)   **Discussion Questions:**   * 1. What can you do to be kind and fearless?   2. What prevents you from showing kindness? * Dr. Roger and Friends **Podcast**:   + [I Get By With a Little Help from My Friends (How Loneliness Impacts Our Health and Creative Approach- Part 1)](https://www.youtube.com/watch?v=Y71ZwaduF5Q) (16 minutes)   + [I Get By With a Little Help from My Friends (How Loneliness Impacts Our Health and Creative Approach- Part 2)](https://www.youtube.com/watch?v=yF4_wYJserw&t=2s) (13 minutes)      * [Kindness in Crisis](https://mymasterpieceliving.com/resource/kindness-in-crisis/)  **article** by Teresa Amaral Beshwate, MPH | |
| November 20th: **Universal Children’s Day** | | * *World Children’s Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.* Check out these two websites to get ideas to **support children**:   + <https://www.un.org/en/observances/world-childrens-day>   + <https://www.savethechildren.org/us/charity-stories/universal-childrens-day> * Article by Greater Good: [Find Purpose By Connecting Across the Generations](https://greatergood.berkeley.edu/article/item/find_purpose_by_connecting_across_the_generations?utm_source=Greater+Good+Science+Center&utm_campaign=c683684396-EMAIL_CAMPAIGN_GG_Newsletter_August_6&utm_medium=email&utm_term=0_5ae73e326e-c683684396-74040827)   + A few resources from the article to **connect** with younger generations: * [Mon Ami](https://www.monami.io/) makes it easy to build connections across generations in a time of need. * [AARP Experience Corps](https://www.aarp.org/experience-corps/) intergenerational **volunteer-based** tutoring program that is proven to help children who aren’t reading at grade level become great readers. * [Eldera](https://www.eldera.ai/) free service that pairs kids with mentors for virtual story times, activities or just a friendly conversation.      * Gather residents and team members to get inspired to create intergenerational opportunities and support children with Dr. Roger and Friends **Podcast**: [The Victory Lap: Uniting Foster Youth and Senior Living for a Win-Win Intergenerational Opportunity](https://www.youtube.com/watch?v=f8XhVSlofa0) (15 minutes) * Listen to an [Armchair Adventures](https://www.madebymortals.org/armchair-adventures/) **podcast**! * **Article** by Dr. Roger: [Intergenerational Social Connectedness and Health](https://mymasterpieceliving.com/resource/intergenerational-social-connectedness-and-health/) |
| Nov. 30th: **National Day of Giving** | | * #GIVING TUESDAY is the first Tuesday after Thanksgiving: <https://www.givingtuesday.org/>  ([IDEAS](https://www.givingtuesday.org/united-states/ideas/) for giving.) * [Read: How Generosity Changes Your Brain](https://bigthink.com/mind-brain/psychology-of-giving-to-charity). (article) * **TED Talk:**   + [Helping others makes us happier - but it matters how we do it](https://youtu.be/lUKhMUZnLuw) (14 minutes)   **Discussion Questions:**   1. What part of giving brings you the most fulfillment? 2. How can giving be more meaningful to you?      * 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 |