

THE _____ FAMILY'S PAY IT FORWARD DAY CHECKLIST

Our family resolves to set aside one day each month to help others and show kindness together.

JAN

Collect and donate unused or gently used toys and clothes



FEB

Hand out blankets and socks to the homeless

MAR

Send a thank you card to your favorite teachers ... just because!

APR

Volunteer to plant flowers in the yard of an elderly or disabled friend



MAY

Donate gently used or new towels and blankets to the local humane society

JUN

Collect spare change and donate to help ship lifesaving supplies around the world (learn more at worldhelp.net/shipping)

JUL

Write letters and send care packages to military members

AUG

Volunteer at your favorite local nonprofit

Do you live in Virginia? Visit worldhelp.net/volunteer!



SEP

Cook and take a hot meal to someone who's been having a hard time

OCT

Offer to walk your neighbors' dogs

NOV

Drop off canned foods at a local food pantry



DEC

Pick a gift from the World Help Christmas Giving catalog to donate (learn more at christmasgiving.org)