



How to...

SPRIT OF GIVING
 This year Americans gave a record \$3.6 billion on Giving Tuesday, an annual day in November that is dedicated to doing good.



Give gifts with meaning

The best presents for the people you care about don't have to cost a thing.

Exchanging gifts at the holidays is a tradition that dates back thousands of years. Children are typically excused from buying gifts because they cost money kids may not have. But the truth is that some of the best gifts don't cost anything. If you would like to give meaningful gifts to family or friends at the holidays—without having to spend money—here's how you can get started.

Consider the recipient

First, think about the person who will be receiving your gift. What are their interests and hobbies, or what foods do they like? What might they enjoy receiving that would tie in with those interests? For example, if they enjoy music, you can make them a personalized playlist or round up other young family members and give a musical performance. If they like baked goods, you can bake up something delicious for them. (You can find holiday recipes, crafts, and more at kids.theweekjunior.com/activities.)



Bake for someone special.

Create a memory keepsake

Another meaningful gift is a photo collage. With an adult's help, print out pictures of some of your favorite memories with the gift recipient, then glue them to a piece of cardstock. Another idea is to write a list or letter about why the recipient is special, print it out,

and place it in a frame made out of construction paper. You can also record and send a thoughtful video message highlighting why you love them or recalling one of your favorite memories together.

Share the gift of time

One of the best gifts you can give the people you love is time with you. With some cardstock or construction paper, make a few "tickets" for future outings and put them in a gift box. For example, if they enjoy hiking, create a ticket to "go on a hike together." If they like movies, you can write "share a movie night." You could also give the gift of spending time volunteering together for the cause of their choice. For example, the two of you could gather old sheets or towels to bring to an animal shelter, clean up a park or beach, or serve side-by-side at a soup kitchen.

Help make their lives easier

Another creative gift that doesn't cost a cent is to make a gift jar of chores. Use wood craft sticks or pieces of paper to write down ways you can assist a family member. For example, you could write "make dinner," "walk the dog," or "shovel the driveway." Then put the chores inside an upcycled glass jar. Give the jar as a gift and invite the recipient to choose a task when they need your help.

3 ways to exchange



Names in a hat If you have a big group of friends or family, you can simplify gift giving by having each person pick a recipient. Put names in a hat, and take turns choosing. Gather again to exchange presents.

Thrift exchange Organize a gift swap: Everyone brings an item in good condition that they no longer want. If you like, choose a theme like toys or clothes. Each person can bring one item to set out, then everyone can "shop" for a gift for themselves.

Yankee gift swap In this gift exchange, each person brings a wrapped present and chooses a different gift to unwrap. Once the gifts are opened, guests can decide to swap them until they get one they're happy with!