



Grades K-5

Live with Purpose

1. Draw pictures or make cards for servicemen and women overseas or veterans at a local VA Hospital or VA Home. [Operation Gratitude](#) sends over 250,000 packages to Servicemen and Women, and First Responders annually, the link above provides guidelines for participation in their program.
2. Make cards for Senior citizens in your community for the various holidays. Teachers/Parents can help their children by:
 - * contacting local nursing homes, senior centers and VA Homes to determine the procedure they have for community involvement, the numbers of residents, etc.
 - * setting up a calendar as a reminder to your child letting them know when certain holidays are coming.
 - * providing materials: crayons, paper, coloring sheets for younger students
 - * setting up a time for delivery of the cards to the facility, or help your child mail the cards at the Post Office.
3. Decorate placemats to be used for Senior citizens during the holidays with a special note or picture! Many agencies deliver meals to Seniors who have mobility problems and are on a fixed income. Teachers/Parents can help their children by:
 - * contacting local agencies that provide meals for Seniors, coordinate with the agency to provide placemats for an upcoming holiday
 - * talking with your child's teacher to see if this could be a classroom project
 - * provide materials,
4. Donate gently used or new stuffed animals to a local fire department or police station to give to children in emergencies.
5. During your birthday month, donate cake mix, frosting, candles, and an age-appropriate toy in a box. Donate items to a local food pantry or school social worker for families in need of a birthday cake. Let your child decorate the bag/box with a birthday message. Parents can help their children by:
 - * contacting a local food bank or their child's school to arrange a drop-off point
 - * purchasing the items to donate
 - * taking their child to be a part of the drop-off
6. Collect school supplies, coloring books/crayons or games to donate to local homeless shelters or local children's hospitals.
 - * contacting a local food bank or their children's hospital to arrange a drop-off point
 - * purchasing the items to donate
 - * taking their child to be a part of the drop-off
7. Make a no-sew fleece blanket for a child in need with [Project Linus](#), or a Veteran in need with [Soldiers' Angels](#). Parents can help their children by:
 - * log on to the Project Linus or Soldiers' Angels to check out the specifications for the blankets,
 - * help their child purchase materials
 - * help their child make the blanket if necessary
 - * take their child to ship or deliver the blanket