

gratitude campaign

NOVEMBER 2020

1 Spend time outside	2 Do something you're passionate about	3 Think of a happy memory	4 Wellness Wednesday 11-1 @ UC, UREC, Granger, Science	5 Gratitude Journals 10-2 @ UC, UREC, Granger, Science	6 Engage in a random act of kindness	7 Compliment a stranger
8 Call a friend	9 Do something nice for a coworker	10 Break away from technology	11 Think of something that made you laugh	12 Gratitude Gallery UC and UREC	13 Listen to your favorite song	14 Read a good book
15 Say hello to your neighbor	16 Thankful Thoughts UC and UREC	17 Thankful Thoughts UC and UREC	18 Thankful Thoughts UC and UREC	19 Gratitude Gallery Thankful Thoughts UC and UREC	20 Thankful Thoughts UC and UREC	 <p>GRATITUDE CAMPAIGN November 1 - 20</p>

Anyone with a disability who needs special accommodations to attend this event should contact the CLACS Office at 231.591.2685 or email clacs@ferris.edu at least 72 hours in advance. Ferris State University is an equal opportunity institution. For information on the University's Policy on Non-Discrimination, visit ferris.edu/non-discrimination.