



***Want to help our community, businesses, and children remain positive, optimistic, and healthy through the darkest months of the year?***

***You can make a difference by giving a High Five!***

***Use the menu of ideas below to HIGH FIVE TO THRIVE!***

- 1) High Five a Williams County Business by patronizing them or buying a gift card for later.
- 2) High Five a Williams County Business by giving them a completed/colored High Five Form.
- 3) High Five a Williams County Business by giving them a shout out on Social Media regarding a recent experience that left you happy and satisfied. *You can use the High Five Logo and #HighFiveToThrive to spread it further!*
- 4) High Five a neighbor by giving them a call just to check on them and ensure they are doing ok.
- 5) High Five a health care worker by giving them a shout out on Social Media for helping you through a recent appointment or situation. *You can use the High Five Logo and #HighFiveToThrive to spread it further!*
- 6) High Five a schoolteacher, administrator, or employee by giving them a shout out on Social Media or emailing them a personal thank you note. *If using Social Media, you can use the High Five Logo and #HighFivetoThrive to spread it further!*
- 7) High Five local businesses by purchasing one of their High Five to Thrive Specials.
- 8) High Five local non-profits by volunteering your time.
- 9) High Five nursing home residents and staff by sending notes or letters. Encourage children to color/complete the High Five to Thrive handout and send via mail.
- 10) High Five a friend, family member or co-worker by emailing or mailing them a note of gratitude.
- 11) High Five our local economy by committing to shop local- ONLY! (for a specific period, i.e.: one week, one day, one month)
- 12) High Five a veteran by giving them a shout out on Social Media or mailing them a personal note of gratitude. *If using Social Media, you can use the High Five Logo and #HighFivetoThrive to spread it further!*
- 13) High Five BOTH a local business and a Church or Food Bank by purchasing a local gift card and donating it to their cause.
- 14) High Five a local restaurant by doubling your normal tip.
- 15) High Five ANYONE by sending them a greeting card or a completed High Five to Thrive form.