

DOWNLOAD PDF DAY 24: MAKING THE EXCHANGE OF GIFTS MORE MEANINGFUL

Chapter 1 : Rethinking Our Family Christmas Gift Exchange

Make a pact with sisters and brothers to not exchange gifts this year. Go to the fall craft shows for inexpensive gifts that are handmade. Make a photo album of your digital prints for a family member at Snapfish.

Content provided on this site is for entertainment or informational purposes only and should not be construed as medical or health, safety, legal or financial advice. Click here for additional information. I find the greatest joy in the giving as opposed to the receiving. Last year, my husband and I opted not to exchange gifts and yet we still celebrated Christmas and its true meaning with our daughter. It caused me to feel such gratitude because I had everything I needed. The most wonderful gift I could have been given was the gift of family and the love we share. This year, we decided we would exchange gifts despite being on a budget. Most of our funds this holiday are allocated to going on a few family adventures, getting the girls their presents and giving back to our community. Take a look at these 10 free and meaningful gifts to give your spouse this season. They happen to be some of the best things you can gift someone, particularly your spouse. Take a look at 10 gifts that are both free and meaningful.

The gift of touch 2 of 11 It is amazing how critical touch is to our livelihood. It causes us to feel close and connected. It reaffirms feelings of love and passion. Whether it is cuddling by the fire, embracing your partner in a hug, or kissing them underneath the mistletoe, touch has the power to cause even the grumpiest of people to become a bit merrier. When my husband wraps his arms around me I feel safe, protected and loved. Active listening is a powerful tool. Has your spouse been having a hard day at work? Are they worried about over committing during the holidays? Allowing them to express what they are thinking or feeling can be healing for a worried heart. But what they will appreciate is empathy and compassion for what they are experiencing.

The gift of quality time 4 of 11 December is a busy month for lots of families. Between holiday parties, school performances, holiday shopping, and supporting your favorite causes, you may find the month slipping away and experience feeling a bit disconnected. Consider saying no to a few commitments or staying up later during the week to squeeze in some quality time. Unplug and focus on each other. Watch a favorite Christmas movie or dance to a romantic holiday song. Be present with one another.

The gift of friendship 5 of 11 One of the things my husband and I have been working toward is becoming even better friends. I believe it is our friendship that will sustain us when we are "old and gray" and the romance requires a bit more work. It is the friendship that helps us look at each other with loving eyes when we are sick and helps us to have forgiving hearts when we hurt one another.

The gift of compassion 6 of 11 This past year has been a bit emotional for me. But one of the things that has helped me is knowing that my husband feels for me. He has empathy for me. Sure, he may not get what it feels like to be worried about getting my monthly blog posts completed on time or the sense of urgency I feel to get as much work done as possible while the baby is asleep.

The gift of a compliment 7 of 11 When is the last time you told your spouse they looked beautiful or that they were a great parent? The other day I had a mini meltdown via text to my husband. Meanwhile our baby was in the car screaming and I was still struggling to get over being sick. I put so much pressure on myself to get this right. It also happens to be enough.

The gift of gratitude 8 of 11 Gratitude is one of the most powerful gifts. It shows the people we love that we are appreciative. Expressing your appreciation for your partner can have a significant impact on them. There are days when I feel so overwhelmed trying to do my part to contribute to our family unit and juggle various outside tasks and obligations. Hearing my husband tell me he appreciates me and all I do for our family means the world and makes some of the hardest aspects of my career and day-to-day life more bearable. So do the faces of him and my babies. They make everything worth it. Do they have a favorite show, do they love to take long bubble baths when they can sneak away, do they love to clean and cook with the music blasting despite your spouse being a fan of quiet? Does your spouse love to read but seem to never have the time? Help make it possible for them to partake in one of their favorite pastimes. Prepare dinner and get the children ready for bed or take them out for the afternoon so your spouse has the house all to him or herself. If you see them folding laundry,

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start folding alongside them. See them washing the dishes? The gift of fun 11 of 11 I love having fun as a family and making memories with our children. When we erupt in laughter, sing songs, challenge each other or play games with our 9 year old. In these moments I am reminded of how much fun going through life with my husband is. I am grateful for the duets and the emails with links to funny YouTube videos and the tickle fights. Reason being, they lighten up the mood in our house and they remind me of how blessed I am to have someone in my life who I can laugh with. These 10 gift ideas just might show you that you are perhaps richer than your bank account might suggest. If you have any additional free gift ideas, please leave them in the comments! Article Posted 5 years Ago Share this article.

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Chapter 2 : 23 Presents for the Bride & Groom Gift Exchange - Wedding Shoppe

Even if you're only giving a bouquet of flowers, buying the recipient's favorite kind or color will make the gift more meaningful. A Handmade Gift Is Always an Option If you don't have money to buy a gift for someone, you can always opt to create a gift yourself.

Friendship Day is a day that celebrates the special bond friends share. It is all about friendship and love. To mark this day, it has become customary for friends to exchange gifts. Importance of Friendship Day For many decades now, Friendship Day has been an important celebration for those who share the lovely bond of friendship. A day that was once limited to certain groups is today recognized the world over. There is a day to celebrate every important relationship we have and on Friendship Day, we celebrate a special relationship that is filled with love and companionship. The Culture of Exchanging Gifts It has been a custom since times immemorial to exchange gifts on special occasions and Friendship Day is no different. To express their love, people exchange meaningful gifts and go out of their way to buy things that they know their friends will love. Here are 4 amazing gift ideas for best friends: Friendship Bands Tying friendship bands is an age old tradition on this special day. There was a time when all the bands were handmade. Today, you have the choice of either making your own bands or buying them online. You can always make one yourself and also buy a beautiful friendship band online. Plenty of options for everyone! Friendship Bracelets With bracelets, you can kick things up a notch. Instead of a band, show your friendship and love with a nice looking metal, silver or gold bracelet. Options are available for all budgets, styles, and preferences. Shop here Bracelet Charms and Pendants Charms and pendants have been around since forever, and make amazing gifts for friends. Based on what your friends prefer, you can browse numerous options online and select pieces that you know will appeal to them the most. With the right charm or pendant, your friendship will only become stronger! Shop here Fashion Jewelry Jewelry is a sure bet, no matter what the occasion and the same is true for Friendship Day. Choose from a massive collection of fashion jewelry online, available for both girls and boys, in a wide range of designs and styles. You can even buy semi-precious and precious jewelry. A Friendship Day gift of a well thought out jewelry piece is really unbeatable. Wait no more and start browsing!

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Chapter 3 : Inexpensive Valentine's Day Gifts for Kids and Teachers | Our Everyday Life

Make Gift-Giving More Surprising. For Friends and Family. Start a rotating gift box. Anna Baldwin, a reader from Arlee, Montana, does this with her three best friends from college: She fills a box with locally made, low-cost items—one for each friend—and a personal note, and mails it off.

Saturday, October 29, Making Gift Giving Meaningful This post was written in collaboration with Educents and may contain affiliate links. All opinions are my own. Can you believe that November 1st is only a few days away? And you know what that means, right? The holiday shopping season is about to hit us in the face. Just today, I opened an email from a major electronics store and it was talking all about Black Friday deals. The commercialism surrounding the holidays now almost ruins what true gift giving is all about. Because there is something really special about getting together with familia y amigos and giving those loved ones gifts that have meaning. I hate the idea of just going down a list of people and getting them whatever gifts just so I can check them off. Give them a gift that will last. One that shows that you thought carefully about them. Last month, I took my children to Spain to meet my family. It was the first time my son had traveled outside of this country. More importantly, it was the first time that he had a chance to meet my dad, his abuelo. That trip is one that both of my children will carry with them for the rest of their lives. That time spent with family was extra special and a gift they will have forever in their hearts and memories. The point is that experiences create the memories that bond us. Or even just setting up time for a special day with just the two of you. This can be inexpensive for your pocketbook and rich in meaning. Of course, if you follow MommyMaestra, then you know that education is also a gift that lasts a lifetime. For the nenes in your life, ditch the electronics and meaningless toys. How about a set of blocks that get their creative juices flowing, science experiments they can do with friends, or Peter and the Wolf, the Nutcracker, and other classical pieces you loved as a child? Handmade gifts are another way to express love and infuse them with meaning. You are investing in that relationship because it is important to you. So if your child has a special talent, now actually would be a good time to think about gift giving if said gift was handmade, required some time to make, and was from the heart. Whatever their passion as a young learner, stoke those coals. Your gift to them will not only last a lifetime, but help them become thoughtful, considerate adults who positively influence their community!

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Chapter 4 : Mommy Maestra: Making Gift Giving Meaningful

When Did Jews Start Exchanging Hanukkah Gifts? Jonathan Sarna, professor of American Jewish history at Brandeis University, explains that American Jews used to exchange gifts only on Purim, but in the late 19th century there was a shift from Purim to Hanukkah. Christmas itself became magnified in.

Still, many of us get sucked into the holiday spending spree. Gift-giving is a loaded topic with many layers. For instance, it sparks comparison-making and fears about not being good enough, according to Ashley Eder , LPC, a psychotherapist in Boulder, Colo. People also think that pricey presents will perk up a relationship or solve specific problems. Here are a few ideas. Eder suggested everything from taking your dogs on a hike to catching up over coffee. Or plan to spend the day volunteering together. Pick your favorite charity, or donate your time to a different organization each year. You can ignite your inspiration by checking out Bentlily. She even has a tool that instantly creates a poem for you after you answer a few questions. Digital gifts are another option, such as creating photo collages for each person in your family. She suggested writing down your favorite memories or expressing gratitude for your relationship. Agree not to exchange gifts. But you can still give them a sweet handwritten note, Eder said. Or get creative with any of the above ideas. Do a holiday swap. But that just opens the door to an important discussion, she said. Be compassionate, and avoid getting defensive, she said. What are your favorite gifts to make? What are your favorite experiences to have? She also explores self-image issues on her own blog [Weightless](#) and creativity on her blog [Make a Mess](#):

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Chapter 5 : Gift Exchange Ideas: 40 Gifts You Can Get Under \$5 - Hongkiat

The Bradford Exchange Online has an enduring reputation for our originally-designed collectibles, figurines, artistic apparel, fine jewelry and personalized gifts. That provides plenty of room to find something special for your sons.

Frugality Shopping Whenever I see a typical gift idea list, I have two immediate frustrations. One, the gifts on it are often expensive. That leads to the second problem. Gift lists usually seem to be just tossed together, like someone literally went to Amazon and did a search for items in a certain category and made a list out of the top few results. I might like two or three of the items and then have no idea why some of the other ones were even on the list. This is a list that addresses both of those problems. The purpose of sharing a list like this is simple: Use these ideas directly or get something that you were inspired to get based on this list. Many of these items have great synergy together and most of them could combine into an eclectic mixed gift. The most important thing to remember is that a holiday gift is simply a sign that you care. Slip a handwritten note that wishes the recipient a joyous year to come and says that you love them along with the gift and you make it even more meaningful. Sturdy pocket notebooks, like Field Notes I carry these constantly and fill up about one a week with miscellaneous ideas and notes and doodles and other things. It helps with short-term memory. It helps with brainstorming. It helps with working through complex ideas. Not only that, a completed one is something of a journal of where my mind has been focused over the last week or so. Since I keep them in my pocket constantly, I prefer sturdy ones. Field Notes are sturdy, as are the similarly-priced pocket notebooks from Scout Books, Word. The card game Hanabi This is an excellent cooperative card game for two to five players. In fact, my copy of this game is actually starting to look pretty worn. Some of the cards are becoming marked from overuse, which is a sign that it may need to be retired soon. A memory stick full of interesting stuff Memory sticks are useful tools and even multi-gigabyte ones are very inexpensive today. You can just plug them into the USB port on your computer and copy data on and off of the device, then hand it to a friend who can do the same, making data sharing easy. You can amp this kind of gift up another level by pre-loading the memory stick with personalized information – family photographs, collections of audio and video recordings, and so on. With just a bit of effort, you can turn something useful into something quite meaningful as well. What book has caused you to move your life in a strictly better direction? That book is probably going to be a great idea for a gift for someone you care about. The two books listed above have both had a great impact on my own life. Even better, a gift like a chocolate bar is a great social tool. You can break off a piece of chocolate and share it with practically anyone so that you can both enjoy that momentary pleasure of the taste of a good piece of chocolate. Merino wool socks A good pair of merino wool socks will simultaneously keep your feet warm and comfortable while also doing a great job of wicking away any moisture if they get a bit more than warm. Given my propensity for wearing socks into oblivion, a good pair of well-made socks is always a good gift. A few packets of interesting seeds As avid gardeners, Sarah and I always enjoy devoting a bit of our garden to unusual seeds each year, so a packet or two of interesting seeds is usually an inspiration to me. The timing of such a gift – during the holiday season – is about perfect so that we can start planning our garden out early in the new year, taking into account the new seeds. A good source for unusual seeds is Seed Savers. Many food co-ops and better gardening stores have a good selection of unusual seeds to browse through, too. Colorful earbuds, like these JBuds I like to listen to podcasts and audiobooks while I go on walks around my neighborhood, but I have a bad tendency to misplace the earbuds I use. An extra pair in a nice color is never a bad idea. A box of crayons and a blank drawing pad This might seem like a great idea for a child, but why would I like it? I do that sometimes anyway, but a gift like this becomes a ticket to spend time with them on a creative project. A gift like this, addressed to a parent and a child with a note to draw some pictures together, can be a great way to encourage some quality family time. I like trying different teas, too. A box of special unique tea is a great idea for anyone in your life who enjoys drinking teas. Quality pens like the Uniball Signo Ultra Micro I write in my personal journal and in my pocket notebook all the time. That means

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that I simply wear out pens over time. For me, the Uniball Signo series is the absolute best bang for the buck pen out there. I absolutely love the black ultra micro pens – they write well with a thin line without smearing or smudging at all. I am always happy to have a few of these on hand. A pocket chess set For years, I carried a pocket chess set around with me. I would use it to play games with people and I would also usually keep a great match or two written out on chess notation on a piece of paper folded up inside so that I could move through the match step by step and study it. I like to download games from ChessGames. A homemade soup mix, like this one Our family is constantly busy, so easy-to-make meals come at a premium around here. A good soup mix that basically requires us to just dump a jar full of pre-measured ingredients into a pot with some water and boil it for 30 minutes or so can be a godsend. I particularly like it when people get a little creative with their mixes. A few bottles of great beer, like Rogue Dead Guy Ale I enjoy an occasional craft beer and, like most craft beer fans, I enjoy trying new ones. I especially like it when something interesting and new falls into my lap out of the blue. The easiest way to do this is to stop at a liquor store and simply ask the person working there if they have any interesting new items for a craft beer fan, then pick one or two or three singles depending on price, of course. Why a few decks? Some games, like canasta, require multiple decks of cards. Other games require serious alteration of the normal deck, sometimes rendering them unusable for other games. Plus, sometimes decks simply wear out. A nice journal, like this Piccadilly one Anyone who writes for a living or keeps a diary or journal will enjoy well-made blank journals. I fill mine up with all kinds of things, from the events of the day to ideas for short stories. Some of them can be expensive, but there are some very nice ones at a reasonable price. A puzzle book, like cryptic crosswords , logic puzzles , or sudoku Puzzle-solving is something I enjoy doing as a way to stretch my brain and I usually work on a puzzle or two each day. I enjoy word-based puzzles, logic puzzles, and everything else in between. I actually prefer doing a wide diversity of them so that I work on both my logic and verbal reasoning. A puzzle book with a small footprint is a good gift, whether the recipient tosses it in their purse or leaves it on their bedside table with a pen at the ready. Not only is it a good book you can vouch for, it opens the door to lots of conversations between the two of you. The card game Lost Legacy This is just a nice, simple card game for two to four players that only has sixteen cards to it. I love little games like this. Look for ones that depict the recipient when they were younger, especially with people they were once close to and particularly if those people have passed on. Pictures of memorable family members and events are also great to add. Podcasts on CD Go online. Download a bunch of episodes of that podcast. Take a bunch of blank CDs that you have laying around the house and burn a bunch of CDs full of those podcasts. Want a good starting point? Take Welcome to Night Vale , for starters. Record 4 CDs worth and they have more than four hours of audio to enjoy. You can fit the whole first season onto nine CDs. If nothing else, such a pack provides a huge kick of nostalgia, which makes for a really nice gift. For anyone that once played Magic, any pack from a current set will make them smile. Just make a simple batch of chocolate chip cookies, following a straightforward recipe like this great one from Alton Brown , wrap about six or so up in a piece of cellophane, and tie the top with a ribbon. Right there, you have a gift that everyone will love. Homemade cookies are a guaranteed way to bring a smile to my face and they cost anywhere from a dime to a dollar apiece to make most of them tend toward the cheaper end. Final Thoughts The chief thing to remember about the holiday season is that it is about love and caring for others. It does not matter how much or how little you spent on a gift. What matters is that you thought about the recipient and tried to find a gift that would bring a smile to their face or a warm feeling to their heart. It just takes thought and a little bit of love.

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Chapter 6 : 10 Free and Meaningful Gifts to Give Your Spouse | Babble

Personalized Christmas Gifts Feature Your One-of-a-Kind Touch. When it comes to shopping for Christmas gifts there are so many options it can be overwhelming. The Bradford Exchange wants you to have a fun and easy shopping experience while finding just the right gift.

This year, as we took turns opening gifts and gifts and more gifts, the gift giving side of our celebration seemed, well, indulgent. Even my grandchildren ages 8 and 10 were disturbed about so much stuff, voicing wishes that Christmas would be more fun if we focused on simply spending time together instead of piling up gifts. Janice and I agree, so we have been contemplating some changes for next year. Here are some thoughts: Of course, we still want to celebrate Christmas just in a different way. We are hoping that the following ideas will not only enhance the Christmas season, but will make the entire year more meaningful. More Emphasis on Birthdays For those who love to give gifts, we will encourage them to do so on birthdays instead of Christmas. Yes, remembering birthdays is a challenge for many of us, but that is the point. Of course we already celebrate family birthdays, but if we emphasized those times, we could have lots of great parties throughout the year. Give Surprise Gifts Throughout the Year This idea will also fulfill the giving spirit many family members have. We will encourage our family to be proactively thinking of ways to bless each other throughout the year. Whenever those opportunities arise, we should simply buy the gift and give it. Create Memories Instead of Buying Stuff Science has proven that life experiences make people happier than stuff. The experiences actually appreciate in value because of the happy memories that can be shared and revisited many times over. Stuff, on the other hand, gives a short time euphoria which is soon forgotten forever. Secret Santa Not having a Christmas gift exchange leaves a void in our family celebration; a void we hope to fill by challenging each family member to give an unexpected gift or perform a random act of kindness. On Christmas Day, instead of taking turns opening gifts, we would take turns sharing our experiences. Making it happen As Janice and I have been sharing some of these thoughts with our children, their responses have all been positive. We plan to have a family powwow soon to solicit their input. Hopefully, as we reach a consensus, we will not only anticipate next Christmas with a new excitement, but will be able to have more fun with our giving throughout the entire year. And we might just create some memories with a Plemon Family Vacation. Have you scaled back on your family gift exchange? How has it gone? What will you do differently next Christmas?

Chapter 7 : How to Make Valentine's Day More Meaningful: 10 Steps

"People turn to interesting gifts to distract from other painful things about the holidays, hoping that giving someone a nice gift will make up for gaps in the relationship," Eder said.

Chapter 8 : Friendship Day 4 Exciting Friendship Day Gifts Ideas

Little gifts throughout the day. The littlest things can often make the biggest impact. Have Starbucks delivered to her in the morning, send her flowers, have her bridesmaids randomly supply her with candy, send her sweet texts, provide her with a tequila shot before the ceremony, etc.

Chapter 9 : 35+ Fun Gift Exchange Ideas for Any Party | Shutterfly

Slip a handwritten note that wishes the recipient a joyous year to come and says that you love them along with the gift and you make it even more meaningful. Anyway, here are twenty-five inexpensive ideas that I'm a fan of.