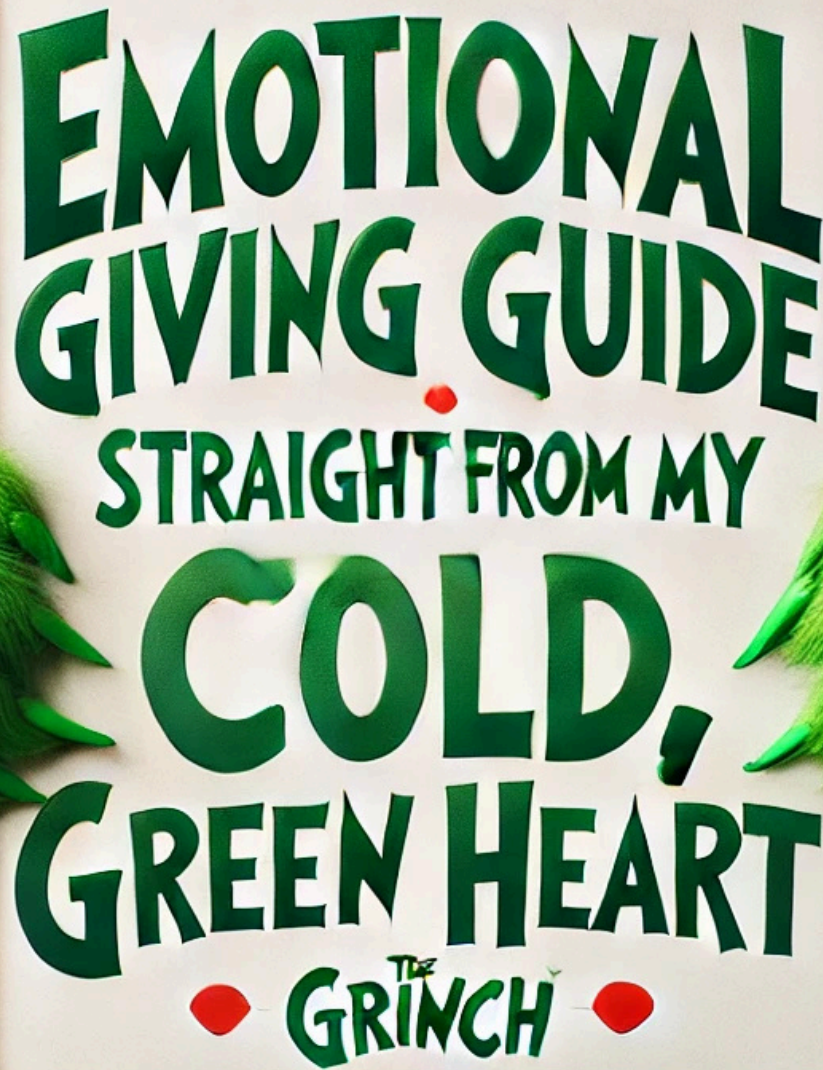


**HEARTS GROW THREE SIZES WHEN
YOU GIVE THE GIFT OF CONNECTION**
(trust me, I've measured).



**EMOTIONAL
GIVING GUIDE**
STRAIGHT FROM MY
**COLD,
GREEN HEART**
**THE
GRINCH**

**Skip the shiny stuff and share what matters most—
love, laughter, and maybe just one cookie.**

EARLY CHILDHOOD

Tiny Whos, Big Hearts (Ages 0-5)

- Ideas -

Giggles and Wiggles

Show those little Whos that laughing is as important as napping

(which I hear they're pros at).

Share snuggles and silly faces—they'll hoard those memories like I hoarded Christmas.

Safety Snuggles

Routines and soft lullabies are like wrapping their tiny hearts in a warm, cozy Who-blanket.

Let them know that no matter what, you'll always be there with a hug
(or maybe a plate of roast beast).

MIDDLE CHILDHOOD

The Mini-Masters of Mischief (Ages 6-11)

- Ideas -

Kindness (Yes, Even for Grinches)

Teach them how to share toys without growling
(*I learned this the hard way*).

Model generosity—it's not just about giving gifts, but giving time to those you love.

Problem-Solving Power

Life's full of tricky situations, like how to stop a runaway sleigh. Show them how to think through challenges without panicking
(*or stealing*).

ADOLESCENCE

Big Feelings, Big Ideas (Ages 12-18)

Believing in Themselves

**Remind them that they can do great things—
even if everyone calls them a Grinch once in a
while.**

**Share your stories of failure and how you
bounced back.**

(like my whole stealing Christmas phase).

A Sense of Purpose

**Help them find something to fight for
*(besides extra dessert).***

**Show them that even a grumpy green guy can
make a difference when his heart's in it.**

ADULTHOOD

The Grown-Up Whos (With Bills!)

Gratitude

Remind them to thank the people who stuck with them through thick and thin. Gratitude doesn't cost a thing, unlike those gadgets they love so much.

Perspective

Tell them it's okay if life feels like too many decorations and not enough meaning.

Sometimes, the best gifts are the quiet ones. Share how you've learned to let go of grudges (or, y'know, to hold onto only the fun ones).