



**“We hope these Bottles of Hope remind the residents that they are valued and loved.”** – Gavin, GivingTuesday Spark Ambassador, Guam

## The Challenge

Elders living in skilled nursing facilities can sometimes feel forgotten. Days can pass without a visitor, a kind word, or a reminder that someone out in the world is thinking of them. Loneliness is a real and serious challenge for many older adults, and it can affect their health and happiness.

At the same time, young people often want to help their communities but are not sure where to start. Big problems can feel overwhelming. Gavin wondered: what is something simple, heartfelt, and something kids can actually do that could make a real difference to someone who needs it?

## The Action

Gavin, a GivingTuesday Spark Ambassador in Guam, came up with a beautiful idea. He gathered his friends together and asked them to do something anyone can do: write kind words. Together, they wrote encouraging notes and positive affirmations on small slips of paper, filling up decorative jars with messages of hope and warmth.

These jars became the Bottles of Hope. Once filled, Gavin and his team personally delivered them to residents at local skilled nursing facilities, so that elders could reach in and pull out a note whenever they needed a lift. Each jar was a small but powerful reminder that someone cared.

The project was recognized as a blueprint for community service and youth engagement in the Guide to GivingTuesday Spark, and has been shared across the GivingTuesday Spark platform as an example of how small acts of generosity can transform communities.

## The Impact

A few jars filled with handwritten notes turned into something much bigger. Here is what changed:

- Elders at skilled nursing facilities in Guam received Bottles of Hope filled with personal, uplifting messages written just for them.
- Young people in Guam discovered that generosity does not require money or special skills, only time, care, and a willingness to show up for someone else.
- The Bottles of Hope campaign was featured in the official Guide to GivingTuesday Spark as a model for other youth leaders around the world to follow.
- The project was shared across the GivingTuesday Spark platform, inspiring other communities to find their own simple ways to spread joy.

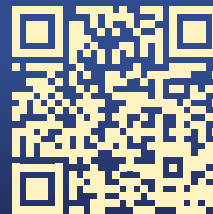


**Gavin's project is proof that a jar, some paper, and a kind heart are all you need to remind someone that they are valued and loved.**



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GivingTuesday Spark is a global community of young changemakers sparking generosity and creating real impact in their communities—proving that youth are not just the leaders of tomorrow, but the leaders of today.



## Want to Join?

Learn more about GivingTuesday Spark and how to start your own act of generosity at [givingtuesday.org/spark](https://givingtuesday.org/spark)