

GENEROSITY

Beat Bullying

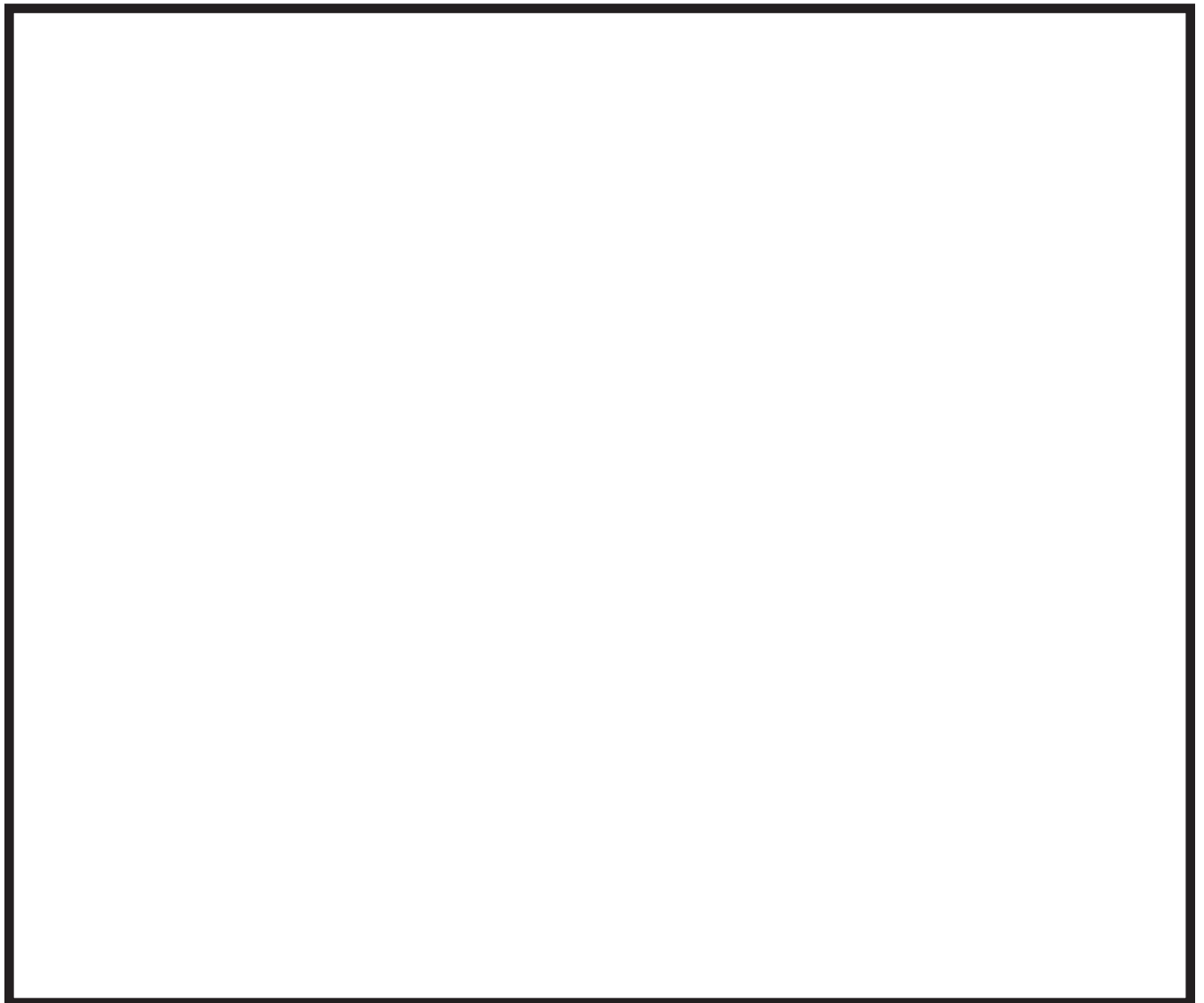
It is important to teach social interaction skills such as empathy, communication, and responsiveness. You can do this through modeling. Be aware of and prevent teasing, excluding, gossiping, or other bullying behaviors. This activity is one way to accomplish this. Reinforce to children that the form of bullying, cyber bullying, that occurs via the Internet is also not acceptable.

Directions:

Ask children to create “Beat Bullying” flyers or posters using one of the following or their own slogans. Use the worksheet on the following page as a template if you like. Write the slogan in the dotted box and draw a picture or write in the box underneath.

- Bullies Tear Down, Friends Build Up
- Bullies Are Not Friends
- Beat Bullying
- It Isn't Big to Make Others Feel Small

Beat Bullying!



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Helping Others

Introduce children to age-appropriate volunteer work. Brainstorm with children about ways they can help others.

Ways Children Can Volunteer

- Writing letters, drawing pictures, making cards.
- Collecting money or canned goods.
- On birthdays or holidays, when gifts are typically exchanged, have children collect some of their toys that they do not play with anymore, telling them that these toys will be given to others. You can also ask them to donate one of their newer toys.

www.kidsforcommunity.org

The online center for youth volunteers

www.artistshelpingchildren.org

Ways to get children involved in community service

www.anysoldier.com

Send letters or care packages to soldiers. Visit this website for directions.

Directions:

First, ask children to do some research on the Internet using the links provided above, or you can provide additional links.

Then, on the following worksheet, ask them to take notes or draw pictures of how they might help others.

Ways I can help others:

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Community Programs

Directions:

Ask each child to pick one of the programs from the list below. Have them do some research about that program. Then ask them to either write a paragraph describing that organization or draw a picture that represents that organization on the worksheet that follows.

- Big Brothers/Big Sisters *www.bbbsa.org*
- Youth Organizations, Boys and Girls Clubs *www.bgca.org*
- Boy Scouts *www.scouting.org*
- Girl Scouts *www.girlscouts.org*
- Kaboom! *www.kaboom.org*
- America's Promise *www.americaspromise.org*
- National Mentoring Partnership *www.mentoring.org*
- The National 4-H Council *www.fourhcouncil.edu*

A COMMUNITY PROGRAM



Name of program _____

About the program _____

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Generosity Marble Jar

Framing:

Generosity is a quality that's a lot like unselfishness. Someone showing generosity is happy to give time, money, food, or kindness to people in need. You are being generous with your:

- time when you help someone look for something they lost.
- money when you give someone milk money when they forgot theirs.
- food when you share your grapes when someone didn't bring their lunch.
- kindness when you comfort your friend when they fell down and scraped their knee.

Directions:

Ask the child to write acts of generosity in the marbles in the jar that they have done that day or week, or acts of generosity they have witnessed others do.

Reframing:

How does it feel to see how generous you and others have been? As you have been practicing generosity and paying attention to how it feels to be generous, what may have changed about your feelings? What emotions do you notice as we reflect on all of these kind acts? What do you want to do next with this generosity experiment?

My generosity marble jar:

