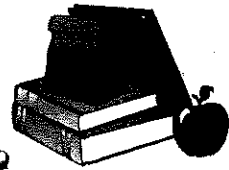


# Generosity

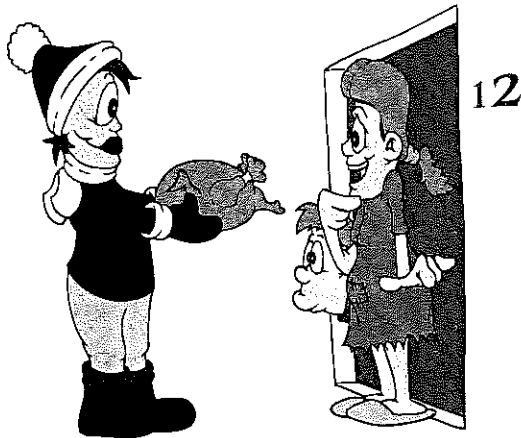


## What Is Generosity?

Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving a reward or a gift in return. Generosity is being aware that there is plenty for everyone. It is seeing a chance to give what you have and then giving just for the joy of giving. It is one of the best ways to show love and friendship.

## Why Practice It?

Without generosity, people act uncaring, refusing to share their belongings, their time, and their friendship. People who need help feel helpless because no one will give them what they need. When we give freely, especially if a sacrifice is involved, our spirit grows strong. When one person is generous, other people want to be generous too.



## How Do You Practice It?

When you are generous, you think of ways to share what you have. You think about what people need and do things to give them happiness. You share your time, your ideas, your things, or your money. When you give away something that is really special to you, that is a very generous way to show love. It feels good to give freely, just for the sake of giving.

The Virtues Project



## What would Generosity look like if...

- A friend comes over to play the day after your birthday and you have a new toy?
- Someone who has broken your things before wants to borrow your favorite thing?
- Your father is cooking dinner and needs someone to set the table, and you're watching a good TV show?
- A student in your class has forgotten her lunch and doesn't have any money?
- Someone's birthday is coming up and you wonder what to get him?
- You learn that there are children somewhere who are hungry and do not have enough clothing?

## Signs of Success

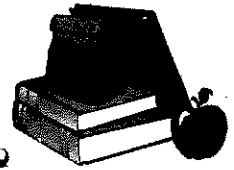
Congratulations! You are practicing Generosity when you...

- Are thoughtful about the needs of others
- Notice when someone needs help
- Give freely without expectation of reward
- Give fully without holding back
- Are willing to make sacrifices for others
- Use wisdom about sharing treasured belongings

## Affirmation

*I am generous. I look for opportunities to give and to share. There is plenty of time for thoughtfulness. I give freely, fully, and joyfully.*

# Activities with Generosity



## Generosity List

Make a list of ways you can be generous

- with your time and energy
- with your belongings

Think of something generous to do for someone in your family and do it!

## Gift Wish Box

Decorate a small recycled box or tissue container. Make some paper hearts and write on each of them some gifts you wish to give others, such as an act of service (washing the dishes, setting the table), or a toy you are willing to share for a day. Let someone take a heart out of the box, and then be generous!



## Virtues Reflection Questions

- ❖ When do you find it most difficult to share? When do you feel like sharing?
- ❖ How do you feel when someone does not share with you? How do you feel when someone does share with you?
- ❖ What helps you to be generous?
- ❖ Who is it hard to be generous to? Who is it easy to be generous to?
- ❖ Have you ever sacrificed something that was important to you? How did that feel?
- ❖ When is it important to balance generosity with assertiveness about what you choose to share?
- ❖ What boundaries do you need to set with people who are not gentle with your things?
- ❖ Name three ways you can be generous at home today.



## Drawing Generosity

Draw three of your favorite things. Are these things to share or things to keep only for your own use? (Deciding that is up to you!) Include one thing that you are willing to share.



## Poster Points

- ❖ Giving freely, giving fully.
- ❖ Giving joyfully.
- ❖ Sharing yourself.
- ❖ The more we give the more we have.



## Quotable Quotes

*"What goes around comes around."* Unknown

*"One of the marks of true genius is a quality of abundance."* Catherine Drinker Bowen

*"A man of humanity is one who, in seeking to establish himself, finds a foothold for others and who, desiring attainment for himself, helps others to attain."* Confucius

*"A cheerful giver does not count the cost of what he gives. His heart is set on pleasing and cheering him to whom the gift is given."* Julian of Norwich

*"The more one gives, the more one has."* Chinese Proverb

*"Whatever you give to others is also a gift to yourself."* Sanaya Roman