

THE GIFT OF GIVING

----- Understanding Empathy -----

Define Empathy: What does empathy mean to you?

Empathy in Action: Think of a time you felt understood by someone. How did it make you feel? Describe the situation.

Role-Playing Exercise: Imagine a friend has lost their favorite toy and is very sad. How would you comfort them? Write down what you would say or do.

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--- Boosting Self-Esteem through Giving ---

Acts of Kindness Diary: Every day for one week, write down one kind thing you did for someone else.

1.

5.

2.

6.

3.

7.

4.

BONUS DAY!

Reflection: At the end of the week, reflect on how helping others made you feel. Did you notice a change in your mood or self-perception?

Keep it Going: How can you continue spreading kindness? Write down a few ideas for next week!

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----- Cultivating Gratitude -----

Gratitude List: Make a list of 5 things you are thankful for today.

1.

2.

3.

4.

5.

Giving Back: Choose one item from your gratitude list. How can you use it to benefit others?
For example, if you're grateful for your home, you might decide to help clean up.

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----- Developing Social Skills -----

Communication Skills: Write a short script for how you would ask someone if they need help or offer to share something with them.

Cooperation Challenge: Plan a small project or activity that requires working with others. Reflect on your role and how you worked together as a team.

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----- Fostering a Sense of Community -----

Community Mapping: Draw a map of your community and mark places where you can give your time or resources.



Community Service Plan: Create a plan for a community service project you would like to be involved in. What will you do? Who will it help?



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----- Reflection and Bonus Activity! -----

Reflection Questions:

What did you learn about giving and its impact on you and others?

How do you think practicing giving can change the way you relate to friends and family?

Describe a situation where you could apply the empathy or kindness you've practiced through these exercises.

Bonus Activity: Use the **My Month of Kindness Calendar** on the next page to come up with a different act of giving or kindness for the next 30 days.

Share this one-month challenge with friends or family and encourage them to join you in spreading kindness!

MY MONTH OF KINDNESS

SUN	MON	TUES	WED	THURS	FRI	SAT