

MARCH KINDNESS

**EVERY ACT
COUNTS**

**LEVERAGING MARCH MADNESS TO INSPIRE
YOUR STUDENTS TO EXPLORE KINDNESS,
CARING AND PHILANTHROPY IN THEIR WORLD.**



It's March Madness!

The NCAA Men's and Women's basketball tournament, March Madness, kicks off this month, running through the second week of April until a champion for both divisions is crowned. This huge sporting event provides great opportunities to create conversations with students about the importance of kindness, caring and philanthropy in a fun, sports-themed way!

TIP-OFF THE MONTH WITH BASKETBALL TRIVIA

Tell the students that there is a huge college basketball tournament that happens every year in March. Ask if any of them can tell you what the name of the tournament is - March Madness!

March Madness consists of 68 teams competing against each other to be the best in the country! Let's do a little basketball trivia to get us in the right headspace:

1. How many players are there on a basketball team? **Five**
2. How tall is a basketball hoop? **10 ft**
3. What year was basketball invented? **1891**
4. What sort of ball was basketball played with before the basketball was invented in 1929? **A soccer ball**
5. How many fans do you think attended the first two rounds of March Madness in 2023? **231,677**
6. People will often time try to predict who will win March Madness by filling out their own brackets. How many US adults do you think filled out their own bracket? **56.3 million!**



FULL COURT CONVERSATION STARTERS

Ask the students the following questions:

- Raise your hand if you have ever played a sport before.
- When you think of the someone who is a 'good sport' what words would you use to describe that person? What actions do you see them demonstrate?
- Why is it important to be a 'good sport' when playing sports?
- Sportsmanship means treating people with fairness and kindness, especially when playing sports. Who can share about a time when they were playing sports and they showed sportsmanship OR someone showed sportsmanship to them? How do you think the person they showed good sportsmanship to felt afterwards?

CELEBRATE SUPERSTAR GIVERS: THREE WOMEN'S BASKETBALL PLAYERS WHO ARE SCORING BIG WITH THEIR GIVING

Tell the students that when we think of playing sports, we need to always be thinking about how we can support and encourage our teammates, respect the people we're playing against, be a positive role model for other players, and understand the impact that we can make both on and off the field/court. Here is how a couple of college basketball players made a difference off the court.

- **JUJU WATKINS** – from the University of Southern California (USC) used her partnership with Nike to support future high school basketball players. She gave Nike shoes and accessories to players from three schools in California for free!
- **ANGEL REESE** - from Louisiana State University (LSU) donated \$12,000 to where she went to high school in Baltimore to cover the costs of attending school for the entire basketball team!
- **CAITLIN CLARK** – from the University of Iowa has partnered with her local food bank to help provide food and hygiene products to people in her community.



INSPIRING YOUR ALL STARS

These amazing athletes were giving their time, talent, and treasure to people in need.

Giving our **time** means to volunteer or do something helpful without getting paid for it. An example would be if you decided to spend an afternoon picking up trash around the park in your neighborhood to make it more enjoyable for everyone.

To give our **talents** means that we can take something we're really good at (a skill) and help someone in need using that skill. For example, maybe you're really good at reading, so you meet with someone younger than you and teach them how to read.

And lastly, giving our **treasure** means to give something we have to someone in need. For example, if you had a winter coat at home that no longer fits you, maybe you give it to someone at school who doesn't have a coat to keep them warm in the winter.

Which of the 3Ts did the three basketball players that I just shared use to give back to the community?

Activating Your Students

These warm-up conversations are an excellent way to prime your students to better understand what March Madness is, how sportsmanship looks in their lives and how athletes at the collegiate level are using their time, talent and treasure to give in their communities and the world. Now, let's give students the opportunity to dig deeper into what it means to be kind, caring and a philanthropist!

PREPPING YOUR TEAM TO THINK WITH EMPATHY

Ask students:

When you watch a basketball game, what are ways you see the players giving to each other?

- Examples:
 - Passing the ball to a teammate versus keeping the ball themselves
 - Helping a teammate or competitor up when they fall down
 - Encouraging a teammate when they miss a shot or make a mistake
 - Cheering on their teammates on the court when they are on the bench

ACTIVITY 1: SLAM DUNK JERSEY DESIGN

Introduce students to nonprofit organizations in their community. Share with them that a nonprofit organization is a type of business that exists to raise money for a good cause.

Choose 1-5 nonprofits for the entire class to focus on, or give them the opportunity to research online and find one that they are interested in.

Print out one Slam Dunk for Good coloring page for each student so that they can design a basketball jersey for their cause or nonprofit that they would like to give one of their 3Ts to.



[Click here to download activity](#)

Pro Tip: Check out our [list of nonprofits](#) for ideas to look for in your community!



ACTIVITY 2: MASCOT BUDDIES!

Mascots are a great way to help people remember a team, business or organization. Research three nonprofits and then create a profile and draw a mascot for each one!

Pro Tip: Ask students to think about their favorite team mascot and what makes them special!

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MASCOT BUDDIES!

Mascots are a great way to help people remember a team, business or organization. Research 3 nonprofits and then draw a mascot for each one!

Nonprofit Name: _____

What is their mission?: _____

Draw Your Mascot!

Why did you choose this mascot?

[Click here to download activity](#)

ACTIVITY 3: SWISH FOR KINDNESS!

SWISH FOR KINDNESS!

When you think about the word "kindness", what other words come to mind? Write them down in the basketballs!



[Click here to download activity](#)

Being kind means to be friendly, considerate of other people's feelings, and giving or sharing something we have to someone in need. What other words come to mind when you think about the word "kindness"? Write them down in the basketballs and make a SWISH for kindness!

Pro Tip: Here are some words to help students get started!

- | | | |
|---------|----------|----------|
| Help | Respect | Polite |
| Nice | Friendly | Generous |
| Care | Good | Thankful |
| Concern | Giving | Grateful |
| Love | Share | Happy |

ACTIVITY 4: COMMUNITY COURT PRESS!

In every community, there are people or animals in need. What needs do you see in your community or school? Identify 10 needs you see and write them down in the jerseys!

Pro Tip: Check out our list of [nonprofits](#) for ideas to look for in your community!

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[Click here to download activity](#)

ACTIVITY 5: 3TS SLAM DUNK!

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3T'S SLAM DUNK!
Did you know that you are a philanthropist? It's true! You have time, talent and treasure you can use to make a difference in your community and the world. Let's identify ways you can use your 3Ts to help others!

TIME This is how you spend time in your day. List some activities or tasks you could do with your time to make a difference.	TALENT What are your special skills or talents? List some ways you could share your talents with your community.	TREASURE What things of value do you have that you could share with those in need? List some items you could give to a cause or need.
		

[Click here to download activity](#)

Did you know that you are a philanthropist? It's true! You have time, talent and treasure you can use to make a difference in your community and the world. Let's identify ways you can use your 3Ts to help others!

Pro Tip: Get your students thinking about their 3Ts by sharing yours!



ACTIVITY 6: HOOPS OF PASSION!

We all have things we're passionate about. How can you use your personal passions to help someone in need? Let's create an impact plan by mapping out four of your passions and you can use them to make a difference!

Pro Tip: Use stories of athletes to help your students think about their passions.

Check this one out!



You have unique passions that can help guide you to make a difference. Think about activities, subjects, or hobbies that make you feel excited and engaged. Write down as many ideas as you can in the spaces provided below.

My passion is: _____

It is important because: _____

My passion is: _____

It is important because: _____

My passion is: _____

It is important because: _____

My passion is: _____

It is important because: _____

[Click here to download activity](#)

Wrap-up and Reflection

Each activity builds on the principles of what it means to be a philanthropist. Ask your students what their favorite activity was and why? What did they learn about themselves? What did they learn about their community? How can we each use our 3Ts to make a difference? Make sure you share your own 3Ts and how you give back to help your students better understand how each act of giving creates a better and brighter community and world!

Go Deeper

Did your students enjoy these activities? What changes did you see in your students or class as they worked though learning about how their uniqueness can impact the world? Capitalize on their interest by going deeper in teaching philanthropy! Register to access all of our free Project Heart resources and ignite the philanthropist in your students!

