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Planting the Seed: An Acorn of Kindness

Time Commitment:
30-45 minutes

Grade Level:
3rd-5th

3Ts Used:
Time
Talent
Treasure

OVERVIEW

After reading the introduction to the book, *Unstoppable! 15 Inspiring Stories of Kids in Philanthropy*, students will have the opportunity to use their own time, talent, and treasure to personalize two acorns—one to keep and one to give away as part of a ripple of kindness. This lesson is meant to get students thinking about different ways they can use their 3Ts to send a ripple of kindness into the world and make a positive change.

WHY IT'S IMPORTANT:

We believe that kindness is the springboard for philanthropy. Both stem from a desire to help others and make a positive impact on those around them. Kindness might involve smaller, everyday acts, while philanthropy looks more into long-term, systemic change. Together, they encourage students to understand and respond to the needs of others.

ALTERNATE MATERIALS:

- Wooden acorns—two (2) per student.
  - Consider using paper acorn cutouts. Check out our printable acorns here: http://bit.ly/3SUrjwM
- *Unstoppable! 15 Inspiring Stories of Kids in Philanthropy* —"Introduction: An Idea Is Never Too Small to Make a Difference".
  - Access the digital version of the book here: http://bit.ly/3HHl4tI
- Bookmark—one (1) per student.
  - Access our Project Heart bookmark designs and print them out on your own! Visit: http://bit.ly/43ZkM8Y
- Paint or markers.
- Googly eyes or other fun things to add to the acorns.
- Glue.

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Crafting Gratitude: Being Thankful Every Day

Time Commitment:
30-40 minutes

Grade Level:
3rd-5th

3Ts Used:
Time
Talent
Treasure

OVERVIEW

After reading a chapter of *Unstoppable!* (or another book from the list below), students will have the opportunity to use their own time and talent by designing a gratitude jar to share with family members, friends, or service providers. This lesson is meant to remind students all there is to be thankful for and all the ways they can show gratitude to others.

WHY IT'S IMPORTANT:

We believe that teaching gratitude can show students all the good around them, even when things don't go their way. Research suggests that gratitude inspires people to be more generous, kind, and helpful, and strengthens relationships. While gratitude and being thankful can feel interchangeable, showing gratitude involves more of a deeper state of appreciation and recognition of the goodness in one's life—beyond an immediate response to something given to us. Teaching gratitude will help students to recognize the goodness in their lives, and will help lead them to want to share their blessings with others who are less fortunate.

ALTERNATE MATERIALS:

- *Unstoppable! 15 Inspiring Stories of Kids in Philanthropy*
  - Access the digital version of the book here: http://bit.ly/3HHI4tI
- Other book options—*The Gratitude Jar* by Katrina Liu, *Gratitude is My Superpower* by Alicia Ortego.
- Cardboard jars/containers for final draft — one (1) per student.
  - Consider having students use mason jars, Ziploc bags, or bring their own special container from home

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ALTERNATE MATERIALS CONTINUED:

- Gratitude slips to put into jars —one (1) set of eight blank slips per student.
  - Download and print here: http://bit.ly/3STA22c
- Gratitude Conversation Starters —one (1) set of eight cards per student.
  - Download and print here: http://bit.ly/4kKrO8U

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Handwritten from the Heart: Creating Kindness Cards

Time Commitment:
30-40 minutes

Grade Level:
3rd-5th

3Ts Used:
Time
Talent
Treasure

OVERVIEW

Students will have the opportunity to use their own time and talent to create two written cards or letters for someone. This lesson is meant to inspire students to get involved in a community outside of their immediate circle.

WHY IT'S IMPORTANT

We believe that intentionally teaching kindness sets a strong foundation for the philanthropic journey. Kindness stems from empathy—our ability to understand the feelings of others. Showing students that one simple act of kindness can make a big difference will help lead to more significant contributions using their time, talent, and treasure for other individuals and communities.

MATERIALS:

- *Unstoppable! 15 Inspiring Stories of Kids in Philanthropy* (provided).
- Blank note cards and envelope (provided)—one (1) per student.
- Project Heart postcard (provided)—one (1) per student.
- Encouragement cards for teachers to pass out to students (provided)—one (1) per student.
- Project Heart stickers (provided)—one (1) per student.
- Crayons, markers, colored pencils, etc.

ALTERNATE MATERIALS:

- *Unstoppable! 15 Inspiring Stories of Kids in Philanthropy.*
  - Access the digital version of the book here: http://bit.ly/3HHl4tI
- Blank note cards and envelopes—one (1) per student.
  - Have students use blank printer paper

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Handwritten from the Heart: Creating Kindness Cards

Time Commitment:
30-40 minutes

Grade Level:
3rd-5th

3Ts Used:
Time
Talent
Treasure

ALTERNATE MATERIALS:

- Project Heart postcard—one (1) per student.
  - Download and print here: http://bit.ly/4njrhwm
- Encouragement cards for teachers to pass out to students —one (1) per student.
  - Download and print here: http://bit.ly/4kKrUgM
- Crayons, markers, colored pencils, etc.