



A Note to Teachers About Middle School Microlearning

The Project Heart Middle School Curriculum includes 90 microlearnings that involve a picture or a quote that can be printed out or projected on the wall / board. These questions are based on Bloom's Taxonomy to prompt higher-level thinking, discussions and/or writing assignments. These can be used as a warm-up, during transition times, or to close a class period with last thoughts. The research behind the concept of microlearning points to improved retention and application of regularly reviewed concepts. These microlearnings compliment the lesson topics, and allows students to be exposed to these concepts (philanthropy in general, passions, missions, 3 T's, project planning, etc.) throughout the course of a year or semester.

The questions provided with these quotes and images are intended to challenge students to connect the learning to themselves and connect the concepts to the world around them. If students are showing excitement / engagement and want to take action, there is a "Click here" link to the Impact Project Idea page where teachers and students can look through a list of ready-made project suggestions with graduated degrees of involvement and impact.

Microlearning Table of Contents (by Lesson Topics)

1. What Does Philanthropy Mean in Your Life? p. 2-10
2. How Can YOU Make a Difference with Your 3 T's? p. 11-18
3. Which Personal Passions Drive Your Mission? p. 19-27
4. Impacting Others Locally, Nationally or Globally? p. 28-36
5. What is Your Plan to Make a Difference Now? p. 37-45
6. What is the End Goal for Positive Impact? p. 46-54
7. SMART Goals Improve Impact & Help You Persevere p. 55-63
8. What Support Do I Need and Who Will Help? p. 64-72
9. Executing Your Plan for Positive Impact p. 73-81
10. Celebrate and Continue Your Efforts! p. 82-91





Middle School Quote of the Day (1.1)

“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.” - Albert Pike

Discussion / Writing Prompts

1. How does this quote by Albert Pike relate to philanthropy (donating money, goods, services, time and/or effort to support a beneficial cause) in general?
2. How would you use the meaning of this quote when you are describing philanthropy to someone?
3. What could philanthropy look like in your life?

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“Everyone can be a philanthropist by giving your time, talent or treasure to make a difference in society.”





Middle School Picture of the Day (1.2)



Discussion / Writing Prompts

1. What can you infer about this picture and its relation to philanthropy?
2. How would you use this picture as an example of philanthropic efforts when you are lending advice to someone on donating their time?
3. Think of a philanthropic effort you have done or could do. What was/will be the effect on others?

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Middle School Quote of the Day (1.3)

“Rather than being a human, be a humanitarian.” - Kowtham Kumar K

Discussion / Writing Prompts

1. What is a modern philanthropic example of the quote by Kowtham Kumar K that you see in your community or in the world?
2. Where would be the most important place in your community to have a philanthropic sign with this quote? Why this location?
3. How would you model the philanthropic quote by Kowtham Kumar K in your daily life?

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Middle School Picture of the Day (1.4)



Discussion / Writing Prompts

1. What kind of philanthropic thoughts or actions come to mind when you look at this picture?
2. What conclusions can you draw about people who get inspired to do philanthropic actions?
3. If you could survey a group of people who are inspired by this picture, what do you think their motives for philanthropy would be?

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Middle School Quote of the Day (1.5)

“The best opportunity for our uplifting is the opportunity to give.” - Auliq-Ice

Discussion / Writing Prompts

1. What would you identify as the most powerful three words in this quote by Auliq-Ice, as they relate to philanthropy? Why?
2. What evidence can you think of that supports this quote?
3. If you had to test this quote through philanthropic efforts, how could you do it?

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Middle School Picture of the Day (1.6)



Food Pantry Donations Needed

Discussion / Writing Prompts

1. If you were to redesign this picture or turn it into a meme to motivate others to practice philanthropy, how would you do it?
2. What changes would you make to our current systems to solve the issue of hunger in America?
3. If you could discuss the issue of hunger with three philanthropic people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (1.7)

"If a stranger's bleeding to death beside the road, most people won't stop to offer a Band-Aid. But get the ball rolling with a couple Good Samaritans, and before you know it, you've got more eager philanthropists than you know what to do with." - Sol Luckman

Discussion / Writing Prompts

1. How would you formulate advice using this quote by Sol Luckman for someone who wants to practice philanthropy?
2. How could you test the validity of this quote in an ethical manner?
3. What does Luckman's quote say about people's willingness to help? How important is the idea of "the group"?

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Middle School Picture of the Day (1.8)



8th grade students volunteering to create a schoolyard habitat to grow fruits and vegetables and help their school science program.

Discussion / Writing Prompts

1. On a scale of 1-10, how would you evaluate the philanthropic project happening in this picture? Why?
2. What information would you use to support the view that philanthropic efforts like ones represented in this picture actually “work”?
3. Based on what you know, how would you explain the philanthropy represented in this picture to someone?

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Middle School Quote of the Day (1.9)

“The man who dies rich, dies disgraced leaving the earth without making it better than he met it. Give to humanity.” - Adedayo Olabamiji

Discussion / Writing Prompts

1. Are there any parts of this quote by Adedayo Olabamiji that are debatable? Why or why not?
2. How would you defend this quote if someone disagreed?
3. Using Olabamiji’s quote as a criteria for your rating, how do you think you rate on a scale from 0-10 as a philanthropist at this point in your life?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “How Can YOU Make a Difference with Your 3 T’s,” which is detailed in Lesson 2 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (2.1)

“Much may be done in those little shreds and patches of time which every day produces, and which most men throw away.” - Charles Caleb Colton

Discussion / Writing Prompts

1. How does this quote by Charles Caleb Colton relate to giving your 3 T's (time, talents and treasures) in general?
2. Re-write this quote in your own words. How could you use your new quote to describe the idea of the 3 T's to someone?
3. What could it look like in your life to give your 3 T's to someone in need?

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Middle School Picture of the Day (2.2)



Discussion / Writing Prompts

1. What can you infer about this picture and its relation to giving your 3 T's (time, talent, treasure)?
2. How would you use this picture as an example of donating your 3 T's when you are lending advice to someone about philanthropy?
3. How does this picture compare to a time when you donated your 3 T's to something?

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Middle School Quote of the Day (2.3)

“Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.” - H. Jackson Brown Jr.

Discussion / Writing Prompts

1. What is a modern example of donating your 3 T's (time, talent and treasure) that you see in your community or in the world?
2. Where would be the most important place in your community to have a sign with this quote by H. Jackson Brown Jr. to urge others to donate their 3 T's? Why?
3. Using Brown Jr.'s quote as a reference, how would you model donating your 3 T's your daily life?

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Middle School Picture of the Day (2.4)



Discussion / Writing Prompts

1. What actions or thoughts come to mind regarding giving your 3 T's (time, talent, treasures) when you look at this picture?
2. What conclusions can you draw about people who are inspired by pictures like this to give their time, talents or treasures?
3. If you could survey a group of people who are inspired by this picture, what do you think their motives for giving their time, talents and treasures would be?

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Middle School Quote of the Day (2.5)

"I would like to be remembered as someone who did the best she could with the talent she had." - J. K. Rowling

Discussion / Writing Prompts

1. What would you identify as the most powerful three words in this quote by J.K. Rowling, as they relate to giving your time, talents and treasures? Why?
2. What evidence can you think of that could support the validity of this quote by J.K. Rowling?
3. If you will be remembered for a talent you used for philanthropy, what will it be? Why?

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Middle School Picture of the Day (2.6)



Discussion / Writing Prompts

1. If you were to redesign this picture or turn it into a meme to motivate others to give their time, talents and treasures, how would you do it?
2. What changes would you make to our current government systems or programs to solve food shortage issues that some families face?
3. If you could discuss donating time, talent or treasures with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (2.7)

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.” - Kahlil Gibran

Discussion / Writing Prompts

1. Using this quote by Kahlil Gibran, what advice would you provide for someone who wants to give their 3 T's (time, talents and treasures)?
2. How could you test the validity of this quote?
3. What conclusions can you draw from your life experiences in giving your 3 T's (time, talents and treasures) that align with Gibran's quote?

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Middle School Picture of the Day (2.8)



Freshman in high school donates her time to several teachers by designing their bulletin boards for them.

Discussion / Writing Prompts

1. Can this student's donation of her time and talent really be considered philanthropy if she is already a creative and artistic person?
2. How can you explain to a family member that donating your 3 T's (time, talents and treasures) helps you feel more connected to the cause you are passionate about?
3. Based on what you know, how would you explain to someone that donating your 3 T's (time, talents and treasures) actually "works"?

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Middle School Quote of the Day (2.9)

“But I give best when I give from that deeper place; when I give simply, freely and generously, and sometimes for no particular reason. I give best when I give from my heart.” - Steve Goodier

Discussion / Writing Prompts

1. How could you evaluate the truth of this quote by Steve Goodier related to donating 3 T's (time, talent and treasure)? What do you think the results would show?
2. How would you defend this quote if someone disagreed?
3. Using Goodier's quote as criteria for your rating, how do you think you rate (0-10) in donating 3 T's at this point in your life?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Which Personal Passions Drive Your Mission?,” which is detailed in Lesson 3 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (3.1)

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou

Discussion / Writing Prompts

1. How does this quote by Maya Angelou relate to your passions and mission in general?
2. How could you use this quote when you are describing your passions and mission to a family member or friend?
3. What could it look like in your life to follow your passions and mission?

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Middle School Picture of the Day (3.2)



Discussion / Writing Prompts

1. Do you think that achieving your dreams is similar to climbing a rock face like the one in this picture? Why or why not?
2. How can someone's personal passions align with their professional mission?
3. If you were to take a new photo of this climb, what details would you include to further spark and inspire other people's passions? Why are these changes important to you?

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Middle School Quote of the Day (3.3)

“Perhaps the mission of an artist is to interpret beauty to people - the beauty within themselves.”
- Langston Hughes

Discussion / Writing Prompts

1. How could Hughes’ “mission of an artist” relate to other professions? Who do you know in your community that tries to live this mission?
2. Where would be the most important place in your community to have a sign with this quote by Langston Hughes? Why there? How would a sign in this location urge others to follow their passions and mission?
3. How can you model the Hughes’ quote in your daily life?

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Middle School Picture of the Day (3.4)



Small group finds inexpensive ways to make wheelchairs for people in third world countries.

Discussion / Writing Prompts

1. How does this group's efforts relate to your passions and mission? How does your passions and mission relate to people in general?
2. What conclusions can you draw about the people who donate their time, talents, and treasures to this group? Could you see yourself doing something like this ten years from now?
3. If you could survey 100 people who have all been inspired by this group's mission, what characteristics do you think they would all share?

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Middle School Quote of the Day (3.5)

“Make your life a mission - not an intermission.” - Arnold H. Glasow

Discussion / Writing Prompts

1. What are the three most powerful words in this quote by Arnold H. Glasow? How do they relate to giving your time, talents, or treasures?
2. What evidence can you think of that validates this quote?
3. How would you explain the meaning of Glasow’s quote to a friend or family member? Do you have an example from your life that supports this quote? If so, explain how it relates.

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Middle School Picture of the Day (3.6)



Discussion / Writing Prompts

1. What is it about this picture that could motivate others to find their passions and mission?
2. What changes would you make to our current system of government that would address the issue of poverty in America?
3. If you could discuss this issue of poverty in America with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (3.7)

“A man with money is no match against a man on a mission.” - Doyle Brunson

Discussion / Writing Prompts

1. Using this quote by Doyle Brunson, what advice would you give to someone who wants to identify his or her passions and mission?
2. How could you test the validity of this quote in an ethical manner?
3. What life experiences with personal passions and mission do have that could relate to the message in Brunson’s quote?

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Middle School Picture of the Day (3.8)



Hospital staff donating their time and talent to make a difference in this young person's life.

Discussion / Writing Prompts

1. Do some professions lend themselves better towards philanthropy than others? If so, which ones?
2. What information would you use to support the view that following one's passions and mission actually makes a difference?
3. Do you think your passions and mission will lead you towards making a difference for humanity?

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Middle School Quote of the Day (3.9)

“When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.” - W. Clement Stone

Discussion / Writing Prompts

1. Are there any parts of this quote by W. Clement Stone related to personal passions and mission that are debatable? Why or why not?
2. How would you defend this quote if someone disagreed?
3. Using Stone’s quote as your criteria, how do you think you rate on a scale from 0-10 in following your passions and mission at this point in your life?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Impacting Others Locally, Nationally, and/or Globally,” which is detailed in Lesson 4 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (4.1)

“Charity begins at home, but should not end there.” - Thomas Fuller

Discussion / Writing Prompts

1. What does “charity begins at home” mean to you? What does it look like on a day-to-day basis?
2. How would you use the meaning of this quote by Thomas Fuller when you are describing local, national or global charity to a friend or family member?
3. What could local, national, or global charity look like in your life?

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Middle School Picture of the Day (4.2)



Volunteer donating his time and talent by introducing tee-ball to children from under-resourced village.

Discussion / Writing Prompts

1. Which is most important: helping locally, nationally or globally? Explain your answer.
2. Where would you start if you wanted to donate your 3 T's (time, talent, or treasure) locally?
3. How can an individual make an impact in helping others nationally or globally? Is it easier to make that same level of impact with a larger group of people helping you?

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Middle School Quote of the Day (4.3)

“Never let your zeal outrun your charity. The former is but human, the latter is divine.”

- Hosea Ballou

Discussion / Writing Prompts

1. How does one’s personal passion help to drive them to make an impact nationally or globally?
2. Where would be the most important place in your local community to have a sign with this quote by Hosea Ballou? How would it urge others to give locally, nationally or globally?
3. How would you model Ballou’s quote in your daily life?

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Middle School Picture of the Day (4.4)



Discussion / Writing Prompts

1. What message is this image trying to communicate? How does this relate to making a local, national or global impact?
2. Aside from liking animals, what conclusions can you draw about people who are motivated to give locally, nationally, or globally because of this image?
3. Are individuals more motivated to give locally, nationally or globally for causes that relate to animals rather than humans? Why or why not?

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Middle School Quote of the Day (4.5)

“The charity that is a trifle to us can be precious to others.”- Homer

Discussion / Writing Prompts

1. How does this quote by Homer relate to helping locally, nationally or globally? Why?
2. Re-write this quote in your own words. How would you explain the meaning of this quote to a friend or family member?
3. What evidence or life experiences can you think of that would support this quote if someone disagreed?

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Middle School Picture of the Day (4.6)



*Ronald McDonalds House
Charity works to keep families
together by housing families
near their hospitalized child
when necessary, free of cost.*

Discussion / Writing Prompts

1. If you were to redesign this picture or turn it into a meme to motivate others to give locally, nationally or globally, how would you do it?
2. What changes would you make to our current local, national or global systems to make it easier for others to access to health care and services?
3. If you could discuss the issue of access to health care and services with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (4.7)

“A bone to the dog is not charity. Charity is the bone shared with the dog, when you are just as hungry as the dog.” - Jack London

Discussion / Writing Prompts

1. What is the message of this quote by Jack London? Using this message, what advice would you give to someone who wants to help locally, nationally or globally?
2. What is the impact of sharing with someone rather than giving him or her something you don't need or use anymore?
3. Is it common for someone to share their time, talent, or treasure with others even when that person might also be in need? Explain your answer.

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Middle School Picture of the Day (4.8)



Relay for Life event that includes breast cancer survivors and those who are paying tribute to loved ones lost.

Discussion / Writing Prompts

1. How do events like this help local communities?
2. What information would you use to support the view that helping nationally or globally actually “works” and has an impact?
3. If you could start any event that would donate time, talent, or treasure to others, what would it be? Why this event / cause?

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Middle School Quote of the Day (4.9)

“If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.” - Anonymous

Discussion / Writing Prompts

1. If you wanted to make a local impact on the future, how would you go about touching the lives of the people in your neighborhood?
2. How would you defend this quote if someone disagreed?
3. Using this anonymous quote as your criteria, how do you think you rate (0-10) in helping others locally, nationally or globally at this point in your life?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “What is Your Plan to Make a Difference NOW?,” which is detailed in Lesson 5 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (5.1)

“When you encourage others, you in the process are encouraged because you're making a commitment and difference in that person's life. Encouragement really does make a difference.”
- Zig Ziglar

Discussion / Writing Prompts

1. Does receiving encouragement from others really make that much of a difference in your life? Explain why or why not.
2. How does encouraging someone relate to making a commitment to them? How are the two related?
3. Who do you know that could use some encouragement today? Do you think it could change the trajectory of their day?

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Middle School Picture of the Day (5.2)



Discussion / Writing Prompts

1. At what age can you make the most difference in the lives of people around you?
2. What advice would you give to someone who thinks that they are too young to make an impact on those around them?
3. What are the limits on the differences you can make at your age now?

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Middle School Quote of the Day (5.3)

“Anyone who thinks that they are too small to make a difference has never tried to fall asleep with a mosquito in the room.” - Christine Todd Whitman

Discussion / Writing Prompts

1. What is the message about making a difference in the quote by Christine Todd Whitman? How does this relate to you?
2. Where would be the most important place in your community to have a sign with this quote? Why there?
3. How can you live the message of Whitman’s quote in your daily life?

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Middle School Picture of the Day (5.4)



Discussion / Writing Prompts

1. If you could re-design this poster to make it more effective, what would you change?
2. Can an organization's goals be too broad? How will they know if they have made a difference?
3. If you were trying to focus your efforts on "making a difference for the highest good of all life," where would you start so that you could have the most impact?

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Middle School Quote of the Day (5.5)

“It is better to have a meaningful life and make a difference than to merely have a long life.”
- Bryant H. McGill

Discussion / Writing Prompts

1. Identify the three most powerful words in this quote by Bryant H. McGill. Explain why you chose those words.
2. What evidence can you think of that supports this quote?
3. If you had to test the validity of McGill’s quote how could you do it?

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Middle School Picture of the Day (5.6)



Charity providing meals to children up to age 18.

Discussion / Writing Prompts

1. If you were to redesign this picture to motivate others to make a difference, how would you do it?
2. What changes would you make to our current systems to solve the issue of hunger in America?
3. If you could discuss making a difference on the hunger issue in America with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (5.7)

“Take care, don't fight, and remember: if you do not choose to lead, you will forever be led by others. Find what scares you, and do it. And you can make a difference, if you choose to do so.”

- J. Michael Straczynski

Discussion / Writing Prompts

1. How would you formulate advice for someone who wants to make a difference using this quote by J. Michael Straczynski?
2. How could you test the validity of this quote?
3. What life experiences do you have that support the message in Straczynski's quote?

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Middle School Picture of the Day (5.8)



Discussion / Writing Prompts

1. This neighbor girl visited her friend every day while he was in the hospital. How much of a difference do you think it made on his recovery?
2. Write about a time where someone supported you through a difficult situation. How much of a difference did that make on you?
3. Think of someone you know that could use your support. How could you make a difference in their lives today?

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Middle School Quote of the Day (5.9)

“One person can make a difference. In fact, it's not only possible for one person to make a difference, it's essential that one person makes a difference. And believe it or not, that person is you.”

- Bob Riley

Discussion / Writing Prompts

1. Why is it “essential” that one person makes a difference?
2. What would you say to someone who argues that you need a large group of people to really make a difference?
3. There are some people who jump out in front to make a difference regardless of whether people are with them and there are others who wait to see someone else making a difference before they join the cause. Which person are you? Why do you think that is?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “What is the End Goal for Positive Impact?,” which is detailed in Lesson 6 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (6.1)

“In order to carry a positive action, we must develop here a positive vision.” - Dalai Lama

Discussion / Writing Prompts

1. How does this quote by the Dalai Lama relate to you starting with the end in mind for a philanthropic effort?
2. Imagine you are describing to a friend how to start with the end in mind for a philanthropic effort. How could you weave the meaning of this quote into your conversation?
3. What are the benefits of having a “positive vision” when you are planning your philanthropic efforts?

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Middle School Picture of the Day (6.2)



Discussion / Writing Prompts

1. When you are faced with obstacles, how does focusing on your end result keep you motivated?
2. What would you tell someone about starting with the end in mind (focusing on the end result) when you are lending them advice on giving?
3. What end result does the picture above represent? Draw a picture that represents the end results of one of your own philanthropic goals.

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Middle School Quote of the Day (6.3)

“To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction.” - Stephen Covey

Discussion / Writing Prompts

1. What is an example of “starting with the end in mind” that you see in your community or in the world?
2. Where would be the most important place in your community to have a sign with this quote by Covey?
3. How would you model Covey’s quote in your daily life?

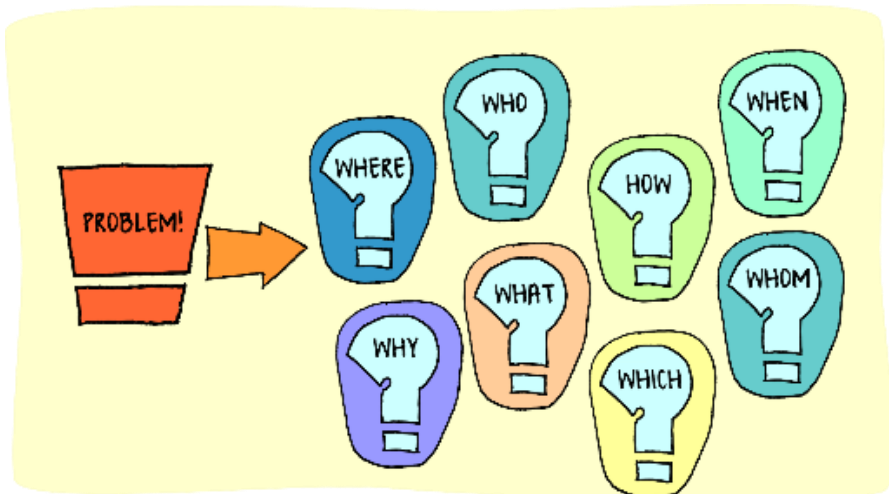
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Middle School Picture of the Day (6.4)



Discussion / Writing Prompts

1. How does having a vision help to answer these questions to a problem? Give an example of how this would look in the real world.
2. Which is the most important question to answer first when facing a problem? Explain your answer.
3. How could you use this graphic to help a friend create a vision for their philanthropic goals? Where would you start?

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Middle School Quote of the Day (6.5)

“Recognize that every interaction you have is an opportunity to make a positive impact on others.” - Shep Hyken

Discussion / Writing Prompts

1. List the three most powerful three words in this quote by Shep Hyken. Explain why you chose these words.
2. Considering your own personal experience, what evidence do you have that would support this quote?
3. Do you think that **every** single interaction you have throughout the day counts as an opportunity for impact? Why or why not?

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Middle School Picture of the Day (6.6)



Discussion / Writing Prompts

1. Redesign this graphic using the same concepts but with a different look. How will your redesigned graphic help others to identify their vision?
2. Why is it important for a nonprofit to start with a mission statement? Why not just start with “Goals and Objectives”?
3. Where else would the word “communicating” be valuable to this process in the graphic above?

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Middle School Quote of the Day (6.7)

“A leader must have vision and passion and not be afraid of any problem. Instead, he should know how to defeat it. Most importantly, he must work with integrity.” - A. P. J. Abdul Kalam

Discussion / Writing Prompts

1. Considering this quote by A. P. J. Abdul Kalam, how would you formulate advice for someone who wants to create a philanthropic vision?
2. How could you test the validity of this quote?
3. Besides the attributes listed in Kalam’s quote, what is another attribute that you think a leader should have? Why is this important to leadership?

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1. Which words in this picture would you consider most important when creating a vision in life? Explain why you chose these words.
2. What do you think is the biggest obstacle to creating a vision? Explain your answer.
3. Can an organization or individual's vision change? When do you think it is a good idea to change or reevaluate your vision?

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Middle School Quote of the Day (6.9)

“Good leaders create a vision, articulate the vision, passionately own the vision, and relentlessly drive it to completion.” - Jack Welch

Discussion / Writing Prompts

1. Think about the word, “relentless”. Does a good leader really need to be relentless? Why or why not?
2. How would you defend this quote if someone disagreed?
3. How do you think you rate on a scale of 0-10 in creating a vision at this point in your life? What can you do today to take steps towards improving that number?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “SMART Goals Improve Impact & Help You Persevere,” which is detailed in Lesson 7 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (7.1)

“Although the world is full of suffering, it is full also of the overcoming of it.” - Helen Keller

Discussion / Writing Prompts

1. How does this quote by Helen Keller relate to setting goals and overcoming obstacles?
2. How would you use the meaning of Keller’s quote when you are describing how to set goals and overcome obstacles to a friend?
3. What example from your own life can you think of where overcame an obstacle? How did you overcome this obstacle?

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Middle School Picture of the Day (7.2)



Discussion / Writing Prompts

1. What message can you infer from this picture in relation to setting goals and overcoming obstacles?
2. Does this picture accurately portray what it is like to overcome obstacles? In your mind, are all obstacles the same and require the same effort? Explain your answers.
3. How could this picture relate to a nonprofit that is trying to accomplish its mission?

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Middle School Quote of the Day (7.3)

“Anyone who has never made a mistake has never tried anything new.” - Albert Einstein

Discussion / Writing Prompts

1. What is an example of setting goals and overcoming obstacles that you see in your community or in the world?
2. Where would be the most important place in your community to have a sign with Einstein’s quote?
3. How would you model this quote in your daily life? Do you allow yourself to make mistakes?

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Middle School Picture of the Day (7.4)



Discussion / Writing Prompts

1. How does this picture relate to setting goals and overcoming obstacles?
2. What conclusions can you draw about people who get inspired by this picture? What do you think motivates them?
3. Write a caption for this picture that would encourage others to set goals and overcome obstacles. Why do you think your caption would be effective?

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Middle School Quote of the Day (7.5)

“Don’t be distracted by criticism. Remember-the only taste of success some people have is when they take a bite out of you.” - Zig Ziglar

Discussion / Writing Prompts

1. List the three most powerful words in this quote by Zig Ziglar. Why did you choose these words?
2. What evidence can you think of from your own life that supports this quote?
3. How does criticism effect you? How could the criticism of others change your vision and what you are passionate about?

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Middle School Picture of the Day (7.6)



Discussion / Writing Prompts

1. Write a caption for this picture that would motivate others to set goals and overcome obstacles. Why do you think your caption would be effective?
2. What is the main message behind a picture like this? How does this message apply to philanthropy?
3. Who do you see as an ally in accomplishing your goals? Who do you still need to reach out to for help?

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Middle School Quote of the Day (7.7)

"I am grateful for all my problems. After each one was overcome, I became stronger and more able to meet those that were still to come. I grew in all difficulties." - James Penney

Discussion / Writing Prompts

1. Using this quote by James Penney, formulate advice for a friend who is struggling with their obstacles?
2. Are some obstacles just too tough to grow from? Why or why not?
3. How can you tell when you have actually overcome an obstacle or problem in your life?

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Middle School Picture of the Day (7.8)



Discussion / Writing Prompts

1. What motivates some people more than others to set goals and overcome obstacles?
2. What information would you use to support the view that setting goals and overcoming obstacles actually “works”?
3. Describe an obstacle you are facing in your life today. Do you have a plan for how you will overcome it? If so, what is your plan?

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Middle School Quote of the Day (7.9)

“True success is overcoming the fear of being unsuccessful.” - Paul Sweeney

Discussion / Writing Prompts

1. How do you measure success? What does it look like in your daily life?
2. How would you defend this quote by Paul Sweeney if someone disagreed?
3. Using this Sweeney’s quote as criteria, how do you think you rate on a scale from 0-10 in setting goals and overcoming obstacles at this point in your life? How can you improve that number?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “What Support Do I Need and Who Will Help?” which is detailed in Lesson 8 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (8.1)

“You create your opportunities by asking for them.” - Shakti Gawain

Discussion / Writing Prompts

1. How does this quote by Shakti Gawain relate to you gaining support for a philanthropic effort?
2. Using Gawain’s quote, sketch a meme that would help you to gain support for a philanthropic effort. Why do you think this meme would be effective?
3. What are some opportunities you have missed by not asking or pursuing them? Explain why you didn’t.

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Middle School Picture of the Day (8.2)



*High school student shoveling snow
at elderly neighbor's house.*

Discussion / Writing Prompts

1. How does this picture relate to your idea of philanthropy? What is the impact of an act like this?
2. What would you say to a friend to convince them to help you in a philanthropic effort like the one pictured?
3. How many people do you think you could contact today to help with a project that benefits the elderly? Of those contacted, how many do you think would actually show up?

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Middle School Quote of the Day (8.3)

“Asking is the beginning of receiving. Make sure you don't go to the ocean with a teaspoon. At least take a bucket so the kids won't laugh at you.” - Jim Rohn

Discussion / Writing Prompts

1. Besides kids laughing at you, why does Rohn say to take a bucket? How does this relate to gaining support for philanthropic efforts?
2. Where would be the most important place in your community to have a sign with Rohn's quote? What is special about this location?
3. How would you model this quote in your daily life?

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Middle School Picture of the Day (8.4)



Discussion / Writing Prompts

1. How effective do you think this flyer is in communicating its message?
2. Imagine if you could survey a group of people who are inspired to donate blood by this picture. What do you think their main reasons for action would be?
3. What conclusions can you draw about people who are inspired to action by this picture?

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Middle School Quote of the Day (8.5)

“Nothing makes one feel so strong as a call for help.” - Pope Paul VI

Discussion / Writing Prompts

1. List the three most powerful words in this quote by Pope Paul VI. Explain why you chose those words.
2. What evidence can you think of from your own life that supports this quote by Pope Paul VI?
3. Using this quote as a reference, explain why donating your time, talent, or treasure could have an effect on you personally?

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Middle School Picture of the Day (8.6)



Mentorship programs encourage young people to use their skills to help elderly adults connect to their community.

Discussion / Writing Prompts

1. What skills do you have that you could bring to a mentorship program that seeks to have a positive impact on the lives of elderly adults?
2. What do you think is the biggest issue facing the nonprofit organizations whose mission is to improve the lives of the elderly?
3. List three people you know that could have a positive impact on the lives of the elderly if given the opportunity. Why do you think these three people would work well with this population?

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Middle School Quote of the Day (8.7)

“Older and wiser voices can help you find the right path, if you are only willing to listen.” - Jimmy Buffett

Discussion / Writing Prompts

1. If you were giving advice to someone who wants to gain support for a philanthropic effort, what would you encourage them to do?
2. How could you test the validity of Buffet’s quote?
3. Based on your life experience, does this quote ring true? Why or why not?

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Middle School Picture of the Day (8.8)



*Students participating in the 2017
Minnesota March for Science.
Photo by Lorie Shaull*

Discussion / Writing Prompts

1. Do you think that marches are helpful to raise awareness of an organization's philanthropic goals? Why or why not?
2. What do you think is the best way to gain support for a philanthropic goal? Explain why you think this is the best way.
3. If you were going to give advice to someone about gaining support for a philanthropic cause, would a marches be one of the suggestions? Why or why not?

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Middle School Quote of the Day (8.9)

“Tell everyone what you want to do and someone will want to help you do it.” - W. Clement Stone

Discussion / Writing Prompts

1. Are there some people that you would feel uncomfortable approaching for support of a philanthropic cause? Why or why not?
2. If you could receive help on one goal that you want to accomplish, what would it be? Who have you asked for help so far? Who else could you ask?
3. How do you think you rate on a scale from 1-10 in gaining support for your goals in life? What could you do to improve that self-rating?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Executing Your Plan for Positive Impact,” which is detailed in Lesson 9 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (9.1)

“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.” - Paul J. Meyer

Discussion / Writing Prompts

1. How does this quote by Paul J. Meyer relate to planning a philanthropic project in general?
2. If you could add a fourth item to Meyer’s list of, “commitment to excellence, intelligent planning, and focused effort,” what would it be? Explain why this item would be a good addition.
3. What does it look like in your life when you are really productive with your time?

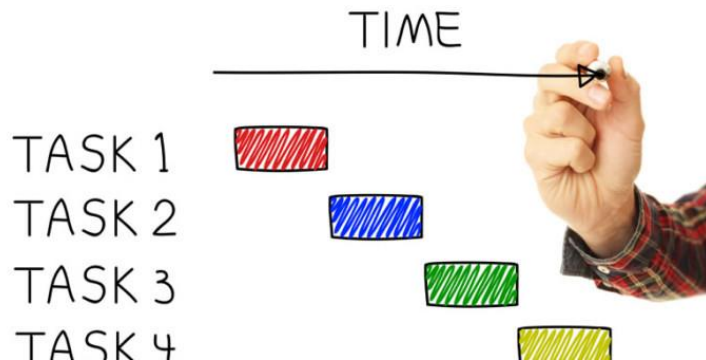
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Middle School Picture of the Day (9.2)



Discussion / Writing Prompts

1. What can you infer about this picture and its relation to planning a philanthropic project?
2. Are graphics like the one above helpful to you when organizing your time? Create a graphic of your own that will help you to map out the rest of the time in this class meeting.
3. When planning a philanthropic effort, what should be "Task 1"? Explain your answer.

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Middle School Quote of the Day (9.3)

“Planning is bringing the future into the present so that you can do something about it now.” - Alan Lakein

Discussion / Writing Prompts

1. List 2-3 words in this quote by Alan Lakein that you would identify as the most important or powerful. Explain why you chose these words.
2. If you wanted to urge others to plan a philanthropic project, where would be the best place in your community to have a sign with Lakein’s quote?
3. What interview questions would you ask Lakein about planning and completing a philanthropic project?

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Middle School Picture of the Day (9.4)



Discussion / Writing Prompts

1. What do you notice about this picture in relation to planning a philanthropic project?
2. What do you think are the most important things to remember while planning a project with a group of people? What happens to the project when these items are not present in the planning process?
3. Do you think that you are easy to work with on collaborative projects? Why or why not?

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Middle School Quote of the Day (9.5)

“Thinking well to be wise: planning well, wiser: doing well wisest and best of all.” - Malcolm Forbes

Discussion / Writing Prompts

1. Out of, “Thinking well,” “planning well,” and “doing well,” what would you identify as your strongest category? Which one is an area that needs the most growth?
2. What evidence can you think of that supports Forbes’ quote?
3. What is the main message of this quote? How would you apply this quote in planning a philanthropic effort?

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Middle School Picture of the Day (9.6)



Discussion / Writing Prompts

1. When planning a philanthropic project, how can outside opinions or resources help your chances of achieving your goals? How can they hurt?
2. Think of your town's plan for the community? Does this plan reflect the needs of you and your neighbors?
3. If you could discuss planning a philanthropic project with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (9.7)

“Failing to plan is planning to fail.” - Alan Lakein

Discussion / Writing Prompts

1. Why does planning play such a big role in the success or failure of a project? If you just try hard goals will just work themselves out, right?
2. Who do you know that would benefit from hearing Lakein’s quote? Why did you think of this person?
3. Has there been a time in your life where you could have used the advice in this quote? Explain the circumstance.

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Middle School Picture of the Day (9.8)



Discussion / Writing Prompts

1. What conclusions can you make about project planning process from this picture?
2. Sometimes getting to “Plan C” means that plan A and B have both failed. Explain what is it that makes some people work past those failures.
3. At this point in the process, should there be a “Plan D” in place? Why or why not?

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Middle School Quote of the Day (9.9)

“Let our advance worrying become advance thinking and planning.” - Winston Churchill

Discussion / Writing Prompts

1. What interview questions would you ask Winston Churchill regarding planning?
2. Can you think of a time in your life when this quote could have helped you move forward on a problem you faced? How would you approach this same problem today?
3. Using this quote as a reference, what advice would you give to a friend who is constantly worrying? How could you help them take that first step toward progress?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Celebrate and Continue Your Efforts!,” which is detailed in Lesson 10 from the Project Heart Middle School Philanthropy Curriculum.

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Middle School Quote of the Day (10.1)

“Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.” - Margaret J. Wheatley

Discussion / Writing Prompts

1. Do you find it difficult to look back on your experiences and evaluate them? Explain your answer.
2. Using the meaning of Wheatley’s quote, how would you explain the importance of reflection to a friend in your own words?
3. What is the value in evaluating and reflecting on a philanthropic effort? Isn’t it enough that you’ve done something good for others?

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Middle School Picture of the Day (10.2)



Discussion / Writing Prompts

1. How will you know if your effort on a philanthropic project has been effective? How will you measure success?
2. What time of the day is best for you to take the time to reflect on successes and failures?
3. Some people need solitude to reflect on what they have done, others can reflect with a group of people around. Which is the most effective for you?

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Middle School Quote of the Day (10.3)

“The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.” - Thomas Paine

Discussion / Writing Prompts

1. What is an example that you see in your world of someone growing “brave by reflection”?
2. Where would be a good place in your community to have this quote posted? Why would this be a good location?
3. How often have you gathered “strength from distress”? Why do you think this is such a difficult thing to do?

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Middle School Picture of the Day (10.4)



Community members gather to help a local nonprofit organization to wrap presents for children in the foster care system.

Discussion / Writing Prompts

1. What group of people in your community could benefit most from the efforts of 50 people? Explain why you chose this group?
2. What are some other ways that nonprofit organizations can help students in the foster care system?
3. How can reflecting on an event like the one pictured above encourage people to donate their time, talent or treasure more often?

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Middle School Quote of the Day (10.5)

"I don't think we spend enough time in reflection and introspection. We don't know who we are as individuals in this culture anymore." - Naomi Judd

Discussion / Writing Prompts

1. List the most powerful three words in this quote by Naomi Judd. Explain why you chose these three words, as they relate to
2. What evidence can you think of that supports Judd's quote? Do you agree that "we don't know who we are"?
3. How does this quote relate to participating in and reflecting on a philanthropic project?

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Middle School Picture of the Day (10.6)



Discussion / Writing Prompts

1. Write a caption for this picture that would motivate others to participate in a philanthropic effort.
2. In your opinion, is there a difference between philanthropy and charity? Explain your answer.
3. If you could discuss your philanthropic project and its outcomes with three people (dead or alive), who would they be? Why?

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Middle School Quote of the Day (10.7)

“Follow effective action with quiet reflection. From the quiet reflection, will come even more effective action.” - Peter Drucker

Discussion / Writing Prompts

1. Using Drucker’s quote, how would you formulate advice for someone who does not think reflection after a philanthropic project is important?
2. Create a meme using this quote and sketch what it would look like.
3. Why do you think quiet reflection is so important to Drucker? How often do you quietly reflect after successful actions?

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“Everyone can be a philanthropist by giving your time, talent or treasure to make a difference in society.”





Middle School Picture of the Day (10.8)



Discussion / Writing Prompts

1. How can you tell when your philanthropic effort has made an impact on someone else?
2. How often do you try to find ways to impact someone else's day? Explain why.
3. What would you say to a friend who says that making a big impact is the only thing that counts and that making a small impact doesn't really matter?

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Middle School Quote of the Day (10.9)

“And time for reflection with colleagues is for me a lifesaver; it is not just a nice thing to do if you have the time. It is the only way you can survive.” - Margaret J. Wheatley

Discussion / Writing Prompts

1. Why do you think that Wheatley considers reflection “the only way you can survive”?
2. How would you defend this quote if someone disagreed?
3. On a scale from 1-10, how would you rate yourself on taking the time to reflect on successes and failures?

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