



Holidays with Heart

Learning Targets

- Identify how to use time, talent and treasure to serve your community and around the country
- Collaborate with peers to determine how to help

Age Range

- 4th grade and up

Standards

- NFTE Mindsets – Critical Thinking & Problem Solving; Future Orientation
- CASEL: Social Awareness

Time Commitment

- 30-45 minutes



As we approach the holiday season, it is important that we keep in mind all the ways in which we can make the world a better and brighter place for people in need. We all have time, talent and treasure to give, so let's find a way to help!

Did you know...

FOOD – Roughly 13.5% of U.S. households (or 18 million people) had difficulty providing enough food for all members of their family due to lack of resources.

CLOTHING – 2 in 5 children in the US are clothing insecure? This means that they are not able to access affordable, appropriate and adequate clothing.

ANIMALS – There are approximately 7.6 million companion animals entering animal shelters every year. Of those, approximately 3.9 million are dogs and 3.4 million are cats.

HEALTH – 1 in 2 families cannot afford the diapers they need to keep their children clean, dry and healthy.

KIDS – The average cost associated with childhood cancer treatment is around \$833,000.

MILITARY – There are roughly 200,000 American service members serving overseas during the holiday season.

HOW TO HOST

A COLLECTION DRIVE

- 

1 **Decide on a cause and what you will collect**
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2 **Find a local nonprofit or school to partner with**
- 

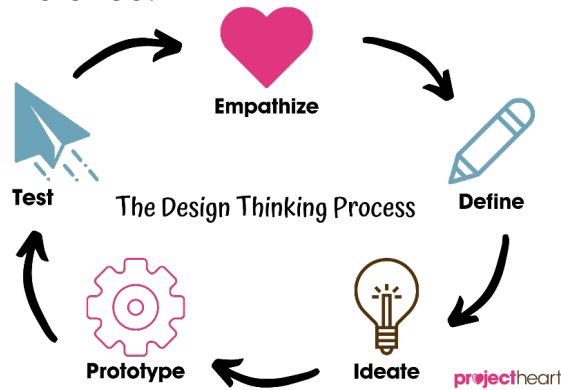
3 **Determine location and date**
- 

4 **Set a goal**
Think SMART goals - specific, measurable, attainable, realistic, timely
- 

5 **Promote + HOST!**

Getting Started

To effectively create change, you need to follow a plan of action. We use the Design Thinking Process to help us better understand the problem we see and walk us through steps to creating a plan to make a difference!



The Design Thinking Process



Empathize

To **empathize** means to understand and share the feelings of another. As it relates to the design thinking process and [Project Heart](#), to empathize specifically means to learn about the audience or group that you wish to impact.



Define

Define means to share your problem statement with others. As it relates to Project Heart, the define stage of design thinking means you've thought about your personal passions and how to apply the 3Ts of your group to make a greater social impact. The define stage helps you clearly state the need or problem so others can understand.



Ideate

To **ideate** means to form an idea, thought or concept. As it relates to the design thinking process, to ideate specifically means to brainstorm ideas based on what you have learned about your target audience and the point of view or problem statement you have defined. Related to Project Heart, your ideas should also incorporate the specific time, talent and/or treasure that you wish to contribute.



Prototype

To **prototype** means to model or create an example. As it relates to Project Heart, to prototype specifically means to plan out in detail one of your impact project ideas.



Test

To **test** means to check the quality, reliability or performance of something. As it relates to the design thinking process, to test specifically means to gain feedback on your prototype from your target population. As it relates to Project Heart, testing means implementing your plan and reflecting on your success and failures.

Activity

Use the spaces below to work through the design thinking process.

Tip: To build empathy, do some research and interview experts in this area (which can include your peers!). Find out what people are impacted by in your community and how you can help.

Optional: When you decide on what kind of collection drive you'd like to host, remember to access the Illumination Fund for materials funding, field trip reimbursement, or a matching donation to a U.S. based non-profit <https://myprojectheart.org/illumination-fund>

1

Decide on a cause and what you will collect

Kids, food insecurity, clothing needs, animal shelters, etc.

2

Find a nonprofit or school to partner with

Who will you help? What is their mission statement? Are they local, national or global?

3

Determine location and date

Do you need to ask anyone permission to use the space? What other supplies will you need to be successful?

4

Set a SMART goal

Specific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely

5

Promote + HOST!

How will you get the word out about your collection drive? How will you know you are successful? What will you do with everything you collect?

Reflect