



the family values toolkit

For Children Ages 8 to 10

This Month's Featured Value Is: **Generosity**

Generous people freely give or share what they value--such as possessions, money, time, or love--in a positive spirit. Giving makes them feel good, not deprived or resentful. Generosity is tied closely to empathy, since the reward for behaving generously is often the satisfaction of making someone happy.



What Can Parents Do to Nurture This Important Value?

First, Set Goals:

Get your child to focus on the satisfaction of making someone happy rather than concrete "payback."

As children enter the later elementary-school grades, some have developed an "inner voice" that propels them to be generous without any prompting by adults. They may be generous with their time, offering to teach a friend how to play chess, or generous with their possessions, letting a friend borrow an electronic game overnight. Others may need gentle reminders to think of others. As parents, encouraging these moments of generosity without nagging can be a challenge, but there are some great techniques available to you.

Next, Take Action! Try These Activities:

- ✓ **Have a "clean-out" day**, in which you ask your child to pick out the toys, books, and clothes he or she no longer needs. Then together select a charity or friends to give them to. Be sure the recipient is one that is meaningful in some way to your child.
- ✓ **Practice being "Kindness Pals."** Write the name of each family member on a strip of paper. Draw names, trying a second time if you draw your own. Commit to spending some time each day thinking kind thoughts for the family member whose name you drew. Check in each morning to see what his or her concerns are that day. A big test at school? A dentist appointment? Cheerleader tryouts? Do it for a month, keeping each other up to date on how you're doing and asking if there is any way you can help. Then switch partners and try it again!
- ✓ **Don't forget to say "thank you" to kids** for thoughtful things they do, no matter how small.

Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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