

Lesson Name:

Philanthropy: The Heart of Happiness

Student Objectives:

- Students will know and understand the meaning of the word “philanthropy”.
- Students will know and understand how helping others is important for our communities.
- Students will know and understand how helping others creates happiness in their own lives.

Educator Preparation:

Google Slides presentation:

- Slide 1: Definition of Philanthropy
- Slide 2: 3-Column Chart - TIME - TALENT - TREASURE
- Slide 3: Your gifts and strengths decide how you use your time and treasure
- Prepare activity for students to create their “Cup of Strengths”

Introduction:

Hi! I’m Mrs. Short. Today, I’m going to teach you about the benefits of philanthropy, helpfulness, and where to begin when you want to make a difference in another life by random and maybe not so random acts of kindness.

Instruction:

Google Slides presentation:

Slide 1: Philanthropy is a big word. Many think that the word has something to do with medicine or learning or biology. In a way, it is. Philanthropy treats our souls, teaches us, and makes a difference in our lives.

The word philanthropy comes from the Greek root “philo” meaning friendship and “anthropo” meaning mankind. Meaning “love” of “mankind”. When you give of your time, talent, and treasure for the common good, this is what random and not-so-random acts of kindness is all about.

Slide 2: We can give of our time, talent, and treasure.

- When we help others with a task, we’re giving of our time.
- When we use our interests, gifts, and strengths to help others we’re giving of our talents.
- When we give items or money we are giving our treasures.

Slide 3: We know that giving of our time, talent, and treasures gives the person being helped a chance to be grateful. But did you know that it truly is “better to give than to receive”?

Here are some facts proving just that. People who give:

1. Live longer
2. Make friends
3. Are happy and content
4. Are reminded that other people matter
5. Have more confidence

### Interaction:

We’re used to giving money or items away. We’re glad to give food or clothes we don’t need anymore. We give our time when a job needs to be done. We tend to forget that our talents are something we can share too.

Our talents include keeping our eyes open and our ears peeled for moments when we can help. Sometimes a simple smile, opening a door, or letting someone go before you in a line makes all the difference in your life and in the lives of others.

Sometimes our acts of kindness need a little more planning.

We need to know what our talents are and be ready to use them to make a difference in our communities. Talents are sometimes difficult to identify. For me, I know what I enjoy and

spend my time doing, but it's difficult to call my interests my strengths. I tend to think, "I make too many mistakes" or "There are other people who are better than me".

That's true for everyone.

The one fact that sets you apart is the fact that only you are in a particular time and certain place that gives you the chance to step forward and use your skills to make a difference.

So today we are going to lay the groundwork for giving to others and think about what makes **you** special.

I'm going to show you the power of creating a "Chain of Strengths". You'll be able to use it in the future to give you the confidence to step out and make a difference in the life of another person. These "Strengths" are your talents. You have been gifted them to use to make a difference in your community.

Here is my "Chain of Strengths". I wrote one interest or gift on each strip of paper and put them together to form a chain. I will use this "Chain of Strengths" to remind me that I have skills and can help others.

Here are a few of my examples. (Read a few)

I'd like to challenge you to create your "Chain of Strengths" and start your journey of happiness by helping. You can draw pictures to represent your interests and strengths. For example, if you enjoy baseball, you can draw a ball and bat. If you prefer, you can use words like I did.

### Closure:

Today I taught you what philanthropy is, why it is important to others, and how it creates a feeling of happiness. I also challenged you to make a "Chain of Strengths" to help you know that you can be helpful.

Be ready! Sometimes those opportunities come when we least expect them. We need to be ready for that random act of kindness at a moment's notice.

Just remember: helping and happiness go hand in hand!

Activity:

Chain of Strengths.