

# QUESTIONS -TO- CONNECTIONS

*Planting seeds for the future ONE word at a time..*

WORD: **GENEROUS** /JEH·NR·UHS/

We are thinking positive and giving opportunities for kids to self-celebrate the joy they brought to someone else's life. In order to truly understand the power of giving we have to first be willing to give the things we value. Being generous with our gifts, time, and resources is only the first step. Being okay with how you felt, and doing it again is how we move the needle.

## Reflect

YOUR UNDERSTANDING AND VISION OF THE WORD | GENEROUS

**"Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness."**

THE DALAI LAMA XIV

Take a moment to think about your responses to the following questions. This is your opportunity to see if what you believe is taking hold with the young people in which you have interactions.

- What does the word generous mean to you?
- What does it feel like to be generous with your time, money, and resources in the workplace?
- What do you do when your generosity isn't accepted in the way that you hoped?
- Why is it difficult to be generous at times? When do you feel that way?
- What would you love to give others if money/resources were not an issue?
- What ways can you envision being more generous in your school and with your colleagues?

## Connect

QUESTIONS AND CONVERSATIONS STARTERS THAT PROMPT CONNECTIONS

The most important part of building meaningful relationships is the ability to trust each other through active listening and understanding. When we discuss these questions with those that are younger or not yet familiar with the concepts we must approach it with emotional constancy as the adult that has done the work to be introspective first. We recommend starting up top with the reflection questions and bringing those sentiments with you to the conversation. This is deep but will be an eye-opening experience for all that are committed to growing together. Notice if there is alignment with what you reflected on and what they said.

- What does it mean to be generous?
- How does it feel when you give something away that was important to you?
- If you could give anything to anyone, what would it be and who would you give it to?
- What does it mean to be generous in our class and/or school?
- Do you feel like you get the chance to be generous and giving to others in your class/school?
- What was the last thing that you did that felt like a generous act?
- How can we be more generous in our community?
- Is there something that I can do as your teacher that would be considered generous to you?



**Teacher Tip:** We know sharing isn't easy, especially sharing items of value to us. When student's are frustrated after being asked to share, wait their turn, or shift activities, they often just don't know what to do in the moments after relinquishing their prize possession. Intentionally teach students to recognize how their bodies and emotion feel in those moments and refocus them on how helpful they are being and how much someone else appreciates their generosity. Remember it's not just about sharing, its about teaching the skill of social awareness and self-regulation.

## THOUGHTS TO TAKE AWAY AND SHARE

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