

Family Viewing Guide

Character and Life Skills: **Generosity**

Grade Level: **3-5**

The Facts

The Huffington Post gives the following “science-backed reasons why generosity is good for your health” (http://www.huffingtonpost.com/2013/12/01/generosity-health_n_4323727.html):

- 1. It will keep stress in check.** Being stingy-and ashamed of said stinginess- is linked with higher levels of the stress hormone cortisol.
- 2. It’s beneficial to the greater good.** Generosity trumps selfishness when it comes to success in the long run. If there are many people and they all act generously, they all benefit from each other’s generosity.
- 3. You’ll enjoy more years of life.** Researchers from the University of Buffalo found a link between giving and unselfishness and having a lower risk of early death. Helping others is linked with a decreased mortality risk.
- 4. It keeps the cycle of “good” going.** Thinking about the times you’ve given of yourself makes you feel selfless and want to help others.

Start a Conversation with Your Kids

- 1.** What does it mean to be a “generous” person?
- 2.** Give some examples of times when you’ve seen or experienced acts of generosity.
- 3.** How do you feel when you are generous? Why does being generous make you feel this way?
- 4.** What can we do together to be more generous?

Advice from the Experts

World Vision gives the following advice to parents on raising a generous child:

- 1. Model Generosity** by being kid and generous yourself. Children watch and copy what you do.
- 2. Talk about generosity** and point out when you see others being generous.
- 3. Practice hospitality** by welcoming other children into your home so your kids get practice sharing their space and toys with others.
- 4. Don’t force generosity.** Instead, give positive reinforcement when you see your child sharing, giving, or being generous.
- 5. Find age-appropriate volunteer opportunities** that you can do together as a family.

Notes
