



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "I give to others!"

Older students/teens/adults: Giving of one's time, treasures & talents without expecting anything in return.

- Week 1** Generosity defined: How do I show generosity? What treasures can I share?
- Week 2** The gift of time: How can time help others? Who gives their time to you?
- Week 3** The gift of talent: How can your talents (and your team's talents) help others?
- Week 4** Saying thanks: What am I thankful for? How can I generously show gratitude?

Dear Family,

This month our Powerful Word is "generosity."

Generosity does not just refer to the act of giving. That would be too easy. Generosity is when we give of things that are particularly meaningful and valuable to us. It marks when we give beyond what is required of us, without anticipating anything in return--especially when the act of giving is unexpected.

Given that, as a global community, we've been coping with the coronavirus, generosity is the perfect word to move our perspective from focusing solely on ourselves to serving others. Even in these troubling times we need to ask ourselves, how can I help and give to others?

Research tells us that generosity enhances our lives. Interestingly, givers get a great deal from their actions! Studies show that generous people are healthier, happier, more financially

successful, less likely to relapse when addiction is a challenge and more connected in their relationships. A meta-analysis of 37 studies found that older adults who volunteered reported greater quality of life.

There are many ways to be generous. From charitable donations to volunteerism, cooking for a sick friend and comforting a stranger in the hospital- we can, as the University of Notre Dame's *Science of Generosity Project* puts it, give "good things to others freely and abundantly." And, we should add, without expecting anything in return.

Dr. Robyn Silverman reminds us that we can generously use our:

- ♦ **Time:** The hours we can devote to helping, giving and sharing with others can make a difference!
- ♦ **Talents:** Our abilities and skills can help, entertain or make people's lives better.
- ♦ **Treasures:** Our money, gifts,

or possessions that are valuable to us can help others.

- ♦ **Talk:** Studies show->the more we talk about giving to kids, the more likely they are to give.
- ♦ **Ties/Team:** When we share our causes/values, many can rally to do a lot of good.
- ♦ **Togetherness:** When we get to know and get closer to the people who need help, we tend to give more.
- ♦ **Thanks:** Showing gratitude for what we have and who we have in our lives. More grateful people give more!

We look forward to partnering with you on teaching generosity this month!

Here's to your success!

Best Regards,
—Your Motivated and Dedicated Instructors

UPCOMING POWERFUL WORDS

- MAY** COMPOSURE
- JUNE** LEADERSHIP
- JULY** SPORTSMANSHIP