

GENEROSITY Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How GENEROSITY leads to Happiness and Success

The last decade has seen a significant increase in the amount of research devoted to kindness, compassion, generosity and empathy. This is because medical professionals are beginning to understand how those characteristics affect health and well-being, while businesses are seeing a similar impact on productivity and success. Many proven benefits have already been identified:

1. Greater social connections
2. Higher levels of general well-being
3. More productive learning capacity
4. Better stress management
5. Lower levels of psychopathology

Most of all, those who help and care about family, friends, co-workers, and neighbors, tend to live longer, happier, healthier lives. And happy, healthy people tend to be much more successful.



Mindsets for Happiness and Success



GENEROSITY

We make a living by what we get,
but we make a life by what we give.

How to talk to kids about GENEROSITY

The best word to describe generosity would be sharing; giving someone else something that belongs to you, that you will have less of as a result of sharing. We generally think of generosity in terms of sharing time, money, or things. But there are plenty of other, not-so-obvious and not-so-easy, ways to share. We find ourselves in situations where we know we “should” share our friends, our parents, attention we desperately want for ourselves, or perhaps credit for something earned or achieved. Letting someone in a hurry go ahead of you or giving a friend your turn on the swing are also examples of generosity. When you focus on one topic a month, such as generosity, discussing what you did - or what you observed others doing - and how that felt, you’ll notice an attitude shift, mid-month, that happens as a result of that topic staying top-of-mind. Everyone becomes more aware.

30 Days of GIVING

Sharing is not something we do instinctively, but something we learn to do as we mature and discover that there is joy in helping someone in need, and joy in making someone else happy.

As parents, we are constantly telling our children they need to share their toys, their food, and their parents with others. But the best way to teach children a true generosity mindset is to help them find ways to share that aren’t too “painful,” so that they can experience how it feels to make someone else happy.

Sit down together and help each other make a list of 30 ways you can share something you have (or wish you had, like attention). See how many things you can check off your lists during the month. Focus on the reward part vs the sacrifice part. Little by little sharing becomes easier, as children experience, for themselves, the joy in giving.

[Download 30 Days of GIVING](#)

[Download LET’S TALK - Generosity](#)



The HAPPYHOME ELVES and the Key to Generosity

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Positive Thinking, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for GENEROSITY

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of February, all about Loving Kindness.

SPRING Surprise



Start a sweet family tradition that encourages generosity and teaches children that the real joy of giving comes from giving without anyone knowing, and without getting any credit. Prepare these beautiful baskets according to the instructions and fill them up with goodies: candy, cookies, cards with kind wishes, or a personalized gift. You could even include a coupon to do something special for the recipient. Anyone would enjoy receiving such a sweet gift: teachers, neighbors, or elderly residents in a nursing home. Think of people who don't have young children or grandchildren in their lives and may not receive anything for Easter. Kids love hanging these unexpected SPRING Surprises on doorknobs and hurrying away unnoticed.

The GENEROSITY Jar



Generosity isn't something that comes naturally to most of us, and it's our job as parents to help our children learn that there is real joy in sharing with others. Sometimes it takes a little sweet motivation. Follow the simple instructions to make a Generosity Jar. Let your children know that every time they do something generous for someone else, you will give them an m&m or a jellybean AND you will add one to the jar. Kids love watching it fill up and the more they see in the jar, the more they want to add to it. Meanwhile, you can talk about generosity throughout the month. Be sure to ask your children to think of different ways they might want to share, as well as how it feels when they know they have made someone else happy.

Generosity BLOSSOM Cake



The Generosity Blossom Cake is a whimsical way to create conversation around giving and make use of The Generosity Jar that your kids have had so much fun filling up with jellybeans or m&ms. Bake and frost a chocolate cake (which looks like dirt) and ask your children to plant some of those m&ms, which you will call "seeds of generosity." They will love poking their fingers into the cake, pushing the seeds down, and licking the frosting. Once they are asleep, smooth over the frosting and plant the printed flowers you prepared according to instructions. In the morning your children will be delighted to discover the magical transformation. What a perfect time to talk about how a small seed of generosity can blossom into something much bigger — like friendship, trust, love, or a helping hand when you need it.

See what you get for only \$6