



Generosity

The action of freely giving to others. An overall spirit of kindness

articles

activities

How to Inspire your Kids to be Generous



1. Read books about people showing generosity

- [Thank You, Omu!](#) by Oge Mora
- [Biblioburro](#) by Jeanette Winter,
- [Extra Yarn](#) by Mac Barnett and Jon Klassen
- [The Trees of the Dancing Goats](#) by Patricia Polacco
- [Something Special for Me](#) by Vera Williams

2. Tell your kids to "do the right thing."

There is actually proven science behind it. Click on the article link above to read about it.

3. Teach your kids to practice gratitude

Studies show that practicing gratitude (being aware of generosity received) enhances a person's willingness to be generous toward others.



Generosity on the Brain

Oxytocin (the "love" hormone) can greatly increase generosity in humans when we identify emotionally with another person.



Generosity Jar

A Generosity jar is an inexpensive and rewarding activity allowing families to celebrate all the ways they are kind and helpful to others



Random Acts of Kindness

Check out this GIANT list of Random Acts of Kindness kids easily can do!



Daily Activities Checklist

Foster generosity with this daily list of quick and simple activities designed for mornings, afternoons and evenings