

Contribution



Contribution is a way of doing your part.
It makes the world better and fills your heart.

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LET'S REFLECT

- 1. Look at the picture:**
 - ◉ What is each child doing to help?
 - ◉ What might they be thinking and feeling?
- 2. What are some ways you contribute at home, at school or in your community?**
- 3. How do others in your home, school or community contribute?**
- 4. What would happen if everyone stopped contributing?**

DID YOU KNOW

Did you know the primary goal of all human beings is to feel a sense of belonging (love) and significance (responsibility)? Belonging means you are an important part of a group. You develop significance when you feel capable and contribute to the group. When you make contributions to your family, school, and community, you feel a greater sense of belonging and significance.

LET'S PRACTICE

(Choose one or more of the following activities, depending on the age of the child(ren) and the time available. Be mindful of perceptions based on culture and lived experiences.)

- 1. Alfred Adler was a psychiatrist from the early 1900's. He created a German word that may not be easy to say. The word is **Gemeinschaftsgefühl**. It means "social feeling"— a strong desire to contribute to society.**

Let's practice saying, "**GUH MINE SHAFTS GUH FUEL**" **Gemeinschaftsgefühl**.

- 2. One of the best ways to feel significance and responsibility is through making contributions in your home, school, and community. In what ways can you contribute in the following situations?**

- Keeping your home and/or classroom neat and tidy

- Being safe on the playground
- Being a good sport in a soccer game
- Welcoming a new person in your place of worship
- Having healthy meals at home
- Being an encouraging sibling

3. Draw a picture or make a list of things you can do at home, things you can do at school, and things you can do in the community to contribute. Following are examples.

Family:

- Give hugs
- Share your ideas in family meetings
- Ask “Is there anything I can do to help?”
- Do chores or household jobs
- Focus on solutions that include the 3R’s and an H:
 - Related
 - Reasonable
 - Respectful
 - Helpful

School:

- Share your ideas in class meetings
- Participate in classroom jobs
- Help friends with their work when you finish early
- Stand up for someone who is being treated unkindly
- Be encouraging when someone feels discouraged
 - Validate their feelings
 - Share a story about when you could relate
 - Ask if there is anything you can do to help or support them

Community:

- Donate money to a fundraiser
- Participate in a social justice rally
- Pick up litter in the neighborhood park
- Recycle
- Hold the door open for someone
- Return someone’s grocery cart

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4. To help us remember this tool, let's read the jingle together: ***Contribution is a way of doing your part. It makes the world better and fills your heart.***

NEXT STEPS

Journal about your experience with contributing:

- What were some of the contributions you made?
- How did you feel?
- What are your goals for future contributions?

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