

4-H-1001
Volume 4
New 1/10

4

"Generosity"

Lesson Plan

VOLUNTEER IN
4-H Toolkit for Success





Learning Objectives

1. Define generosity and identify the different types of generosity.
2. State the benefits of generosity.
3. Identify personal strengths and how to match them to helping.

Intended Audience

This lesson plan is intended for use with 4-H Adult Leaders and 4-H Club members.



Supplies & Resources Needed

- “Generosity” lesson plan with instructional objectives
- Notes pages of PowerPoint presentation with talking points
- LCD projector and laptop with PowerPoint presentation loaded
- Copies of PowerPoint slides printed as a three-slides/page handout for each participant
- Journal, notebook, or paper
- Pen or pencil for each participant
- Copies of “Generosity” quiz for each participant
- Copies of “Generosity” fact sheet



References

National & Community Service (2007). The health benefits of volunteering: A review of recent research. Washington, DC. Available at: www.nationalservice.gov.

Wallace, L. (2009). Unexpected payoffs: The benefits of volunteering. No Map. No Guide. No Limits.

White, D. J. & Arnold, M. E. (2003). Why they come, why they go, and why they stay: Factors affecting volunteerism in 4-H programs. Journal of Extension [on-line]: 41(4). Available at: <http://www.joe.org/joe/2003august/rb5.php>.

Projected Length

20-30 minutes



Instructor Notes

- If you will be using the PowerPoint presentation to share this lesson, set up the laptop and LCD projector prior to the start of the program and test the equipment to be sure it is working properly.
- Welcome the group and thank them for their participation.
- Begin “Generosity” PowerPoint presentation.
- Utilize the talking points found on the notes pages of the PowerPoint presentation to guide you during the presentation.
- Review the purpose and objectives for this lesson plan.
- Provide a brief introduction of the lesson, including its importance to the 4-H Youth Development Program.
- Proceed with the lecture portion of the lesson.
- Distribute “Generosity” fact sheet to each participant.
- Conclude the lesson with a time for questions from the participants.

Methods/Content



Information found on Slides #1-2.

Introduction



Learning about generosity can help each of us to find ways to give to others using our time, talents, and treasures. In this lesson plan, we'll talk about the following objectives.

Objectives

1. Define generosity and identify the different types of generosity.
2. State the benefits of generosity.
3. Identify personal strengths and how to match them to helping.



Information found on Slide #3.

Objective 1

Define generosity and identify the different types of generosity.



Let's start by looking at definitions of generosity.



Definitions of Generosity

Generosity is described as a willingness to give, to share of one's time and/or resources, without an expectation that the gift or act will be returned. Generosity can take many different forms.



Generosity can be simply giving money to a cause or a charity. Generosity is the act of giving, serving, or helping. We feel good about ourselves when we do something to make the lives of others easier.



Information found on Slides #4-7.

Types of Generosity



There are different types of giving (generosity): Time, Talents (Acts of Kindness), and Treasures (Financial).

First, an act of generosity can be giving your time to help or serve others. Examples may include those listed below.

Time

- Generosity can be serving meals during the holidays, helping to build a house, keeping your neighbors' child while they are sick, helping your community plant trees, or cleaning up a park.
- 4-H volunteers provide many hours of their time to youth by conducting 4-H club meetings, helping with annual enrollment, organizing events and activities, and helping to manage the fair.



Sharing our talents through acts of kindness is another way we can be generous to others. Several examples are shared below.

Talents (Acts of Kindness)

- We can exhibit generosity in our thoughts as well as in our acts of kindness.
- We can be generous in our thoughts and actions towards others.
- We can speak kindly to our family and friends.
- We can treat our adult volunteers and teachers with respect and value their contributions to us.
- We can stand up for those unable to protect or defend themselves.





We also have the opportunity to share our treasures, or money, to support causes that are important to us.

Treasures (Financial)

- Financial generosity is when you give money to a cause or charity in which you believe.
- Financial generosity is giving financial support to help organizations and/or charities carry out their mission and goals.



Information found on Slides #8-10.

Objective 2

State the benefits of generosity.



Now that we know the types of generosity, let's take a look at some of the benefits of generosity.

Benefits of Generosity

- Volunteering can boost your self-confidence.
- Generosity helps you become more comfortable in social situations.
- Volunteering helps develop leadership skills that can be helpful when you look for a job.
- Volunteer experiences can help you define a career choice.



Volunteering can also have positive health benefits. Volunteering can help you stay healthier & happier.

- Volunteering can provide you with a sense of well-being.
- Volunteers report sleeping better at night knowing they did something to help others.
- Youth who volunteer to help others are less likely to abuse drugs or smoke.
- Adults who volunteer are less likely to have high blood pressure.
- Volunteering gives you a sense of belonging to your community or an organization.
- Volunteering helps you master difficult social interactions.
- Volunteering develops the independence to try new acts of kindness.





Information found on Slide #11.

Objective 3

Identify personal strengths and how to match them to helping.



We've looked at some ways that we can be generous with our time, talents, and treasures, and we've discussed some benefits that we can realize as a result of being generous. We'll close the lesson by talking about some of the ways that each of us can be generous.

Ask the group the following questions and allow time for responses.

Group Discussion

- What causes/issues are you most concerned about?
- What things do you do well?
- How can you use what you do well to serve others?
- What kinds of generosity (activities) can you do that match your talents?



Information found on Slide #12.



To close our lesson, we will give you time to think about your personal talents and treasures. Take a few moments to record your thoughts to these questions in a journal or on a piece of paper.

Assessing your Talents and Treasures Activity

- Jot down at least three things in your journal about yourself that you do well.
- Ask a friend or adult volunteer to share a comment about your talents.
- Is this talent something that you were already aware of or was it a new perspective?
- Record three positive comments that others have said you are good at doing.
- Describe how you feel when you have given your time, talents, and/or money to help others.



Conclusion and Quiz



Information found on Slides #13-14.

Briefly review the lesson and the references provided on Slide #14. Then, distribute the "Generosity" quiz questions. Allow participants time to answer the questions. Provide the correct answers from the key provided in the packet. You may choose to collect the quizzes or allow the volunteers or members to keep them as a review of the lesson.

Distribute the "Generosity" fact sheet for volunteers and members to use for future reference.

Thank the volunteers and members for their participation.

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“Generosity” Quiz

1. What is the definition of generosity?
2. What are three ways of displaying generosity?
3. What are five benefits of giving?
4. What ways can you identify your “generosity” talents and treasures?
5. Please rate the following: How useful is this information in helping you understand generosity?

Very useful

Somewhat useful

Not sure

Not Useful



-KEY-

“Generosity” Quiz

1. What is the definition of generosity?

Generosity is described as a willingness to give, to share of one’s time and/or resources without an expectation that the gift or act will be returned.

2. What are three ways of displaying generosity?

Time, Talents (Acts of Kindness), Treasures (Financial)

3. What are five benefits of giving?

Health/wellness, social development, career development, networking, personal independence

4. What ways can you identify your “generosity” talents and treasures?

- Jot down at least three things in your journal about yourself that you do well.
- Ask a friend or adult volunteer to share a comment about your talents.
- Is this talent something that you were already aware of or was it a new perspective?
- Record three positive comments that others have said you are good at doing.
- Describe how you feel when you have given your time, talents, and/or money to help others.

5. Please rate the following: How useful is this information in helping you understand generosity?

Very useful Somewhat useful Not sure Not Useful

Any of the answers would be acceptable.

