

## Making Meals Meaningful

kids

FOR AGES 5 TO 9



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

What is one thing we could do as a family to care for our community?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

Tell me about a time when someone in your family did something that showed they really cared? How did it make you feel?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

How can we show other people around the world that we care?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

Who do you show the most care towards?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

Who is one person (friend/ family) that is really caring? What do they do?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Who has been the most generous to you? How?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

What would you do if you had two chocolates to share but had three friends?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Is being generous just about sharing "things"? How else can you be generous?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

How can we be generous to people around the world?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Is it important to thank someone who has been generous? How?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Tell me about a time you found it hard to share?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Is it easier to understand how kids or adults feel? Why?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Without words, how can you show someone that you understand how they feel?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Do you know someone who really understands how people feel? What do they do?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Who do you think understands your feelings best?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Tell me about a time when you knew that someone at school understood how you were feeling?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

If someone you know is not nice to others, should you still be nice to them?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Who is someone who gets left out at playtime? What can you do to help?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Who do you want to include more? What could you do this week to include them?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Tell me about a time when you didn't want to help a friend/family member, but you are glad you did.



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Have you ever pretended to like something just to be included?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Have you ever included someone you didn't want to? How did you feel? How do you think they felt?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

How do you feel when you help other people? How do you think the person you helped feels?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Tell me about  
a time you found  
it easy to share?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

Name three ways  
you can help someone  
this week.



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

As a family, what  
kind of charity should  
we support to help  
others?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

What does being  
“generous” mean?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

As a family, how  
can we be generous  
this holiday season?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

GENEROSITY

kids

As a family, how  
can we help people in  
our community?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada



## Making Meals Meaningful

ACCEPTANCE

kids

When you disagree with a friend what should you do? Is it okay not to agree sometimes?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Share a time when you didn't include someone? What do you wish you did differently?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

How can you care for people that you are not close friends with?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

How do you feel when you are left out and everyone else is included?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

ACCEPTANCE

kids

Is it good to accept someone even if they are different from you?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

What is one thing we could do as family to care for each other?



**KARYN GORDON**  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

Tell me a story  
when you cared for  
someone this week?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

When someone  
does something nice  
for you, how does it  
make you feel?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

How do you  
show others that  
you understand how  
they feel?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

COMPASSION

kids

How can you  
help a friend who is  
sad? What can you  
do/say to make them  
feel better?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

How would our  
world be different if  
people understood better  
how others feel?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

What's the best  
way to help someone  
who's feeling sad?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

EMPATHY

kids

Is it easier to understand what makes people happy, or sad?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Name one person you want to help more? What could you do this week?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Do you think you should help people you don't know?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Tell me about a time you didn't help someone but you wish you had. How did it make you feel? How did it make them feel?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Who is the most helpful person you know? What do they do? Why are they helpful?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada



## Making Meals Meaningful

SELFLESSNESS

kids

Tell me about something you did today to help another person?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

If a friend makes a mess and asks you to help clean it up, do you? What if this happened all the time?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

Tell me about a time you did something nice for a friend/family member without them asking?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada

## Making Meals Meaningful

SELFLESSNESS

kids

What is the difference between "helping someone you want to help" and "helping someone we (or your teacher) told you to help"?



KARYN GORDON  
DREAM IT. DO IT.

IN SUPPORT OF  
unicef  
canada



## Making Meals Meaningful

**kids**

FOR AGES 5 TO 9

### Making Meals Meaningful

Including 50 conversation cards about:

- Selflessness
- Empathy
- Generosity
- Compassion
- Acceptance



**KARYN GORDON**  
DREAM IT. DO IT.



GLUE

FOLD

CUT

## Making Meals Meaningful

FOR AGES 5 TO 9

**kids**

### Making Meals Meaningful