



KARYN GORDON DREAM IT. DO IT.



Making Meals Meaningful

SELFLESSNESS teens

Share a time
when it was easy to put
others first? When was it
hard to put others first?
Why was one easy and
one hard?



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Making Meals Meaningful

SELFLESSNESS teens

Tell me about a time in the last month when you did something nice for someone and didn't expect anything in return?



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Making Meals Meaningful

SELFLESSNESS teens

How do you think that Canada has been selfless towards other people and countries? Are we doing enough? Or, should we do more?



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Making Meals Meaningful

SELFLESSNESS teens

In what areas of your life do you feel you are selfless? In what areas of your life do you think you are selfish?



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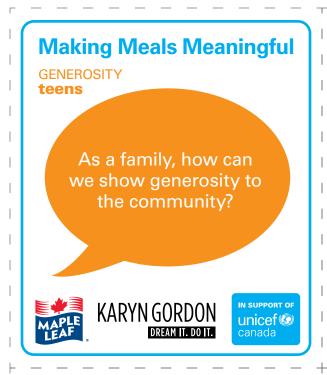
Making Meals Meaningful

SELFLESSNESS teens

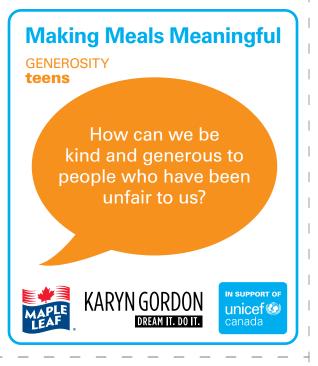
How do you think being selfless is similar or different to sharing?

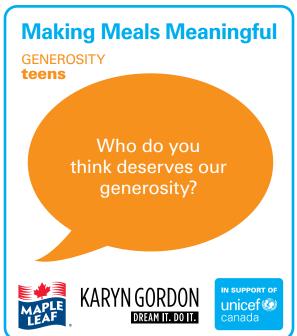


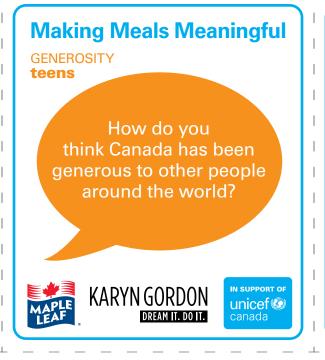
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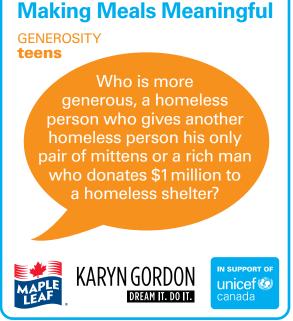


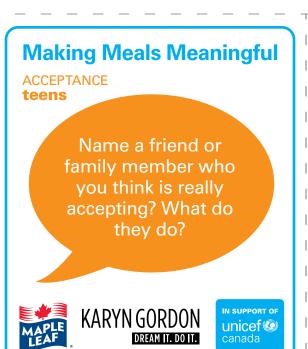












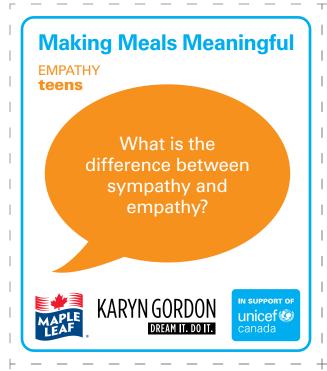




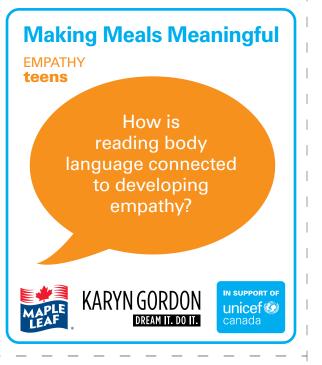




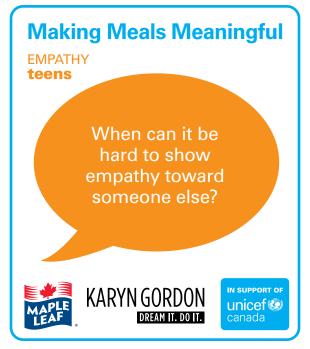




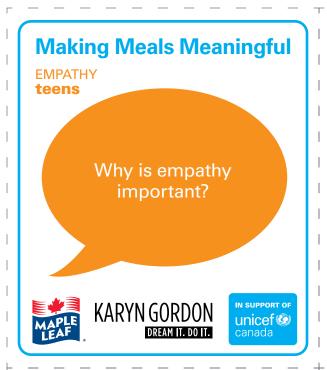




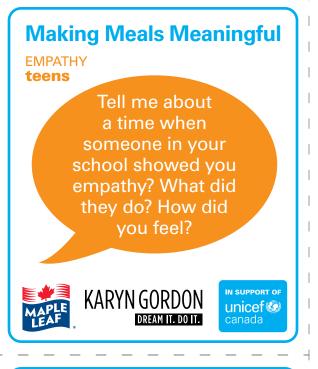


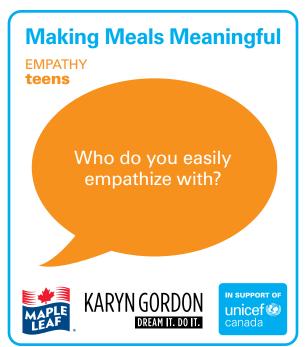


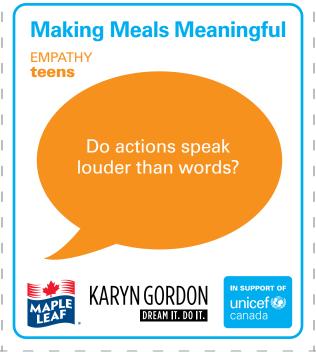


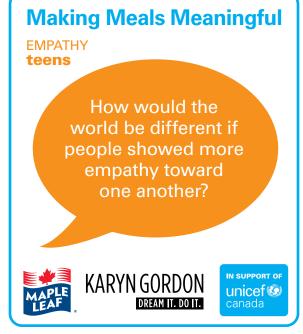








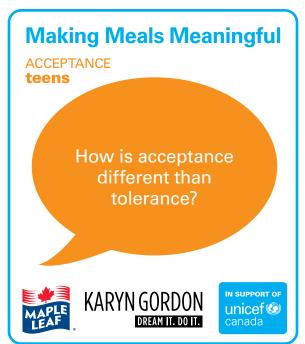


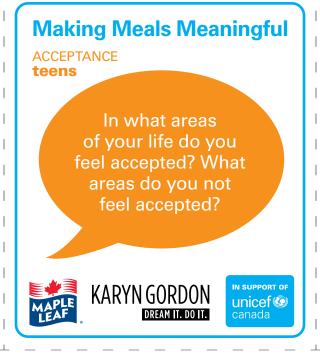














Making Meals Meaningful

SELFLESSNESS

teens

Think of a time
when it was important
to be selfish so that you
had the energy and time
to be selfless and take
care of others?



KARYN GORDON DREAM II. DO II.



Making Meals Meaningful

SELFLESSNESS teens

Name one
friend and one family
member who you think are
really selfless? What do they
do? Do they do a good job
of balancing taking care
of themselves and
helping others?



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Making Meals Meaningful

COMPASSION teens

How do you show compassion to people you don't like?



KARYN GORDON



Making Meals Meaningful

SELFLESSNESS teens

Do you think all people who are helping others are being selfless?

MAPLE LEAF

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Making Meals Meaningful

SELFLESSNESS

teens

Would you help someone if it meant doing something that you think is wrong?



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Making Meals Meaningful

COMPASSION

teens

What non-profit groups do a great job caring for others? Which one do you want your family to support?



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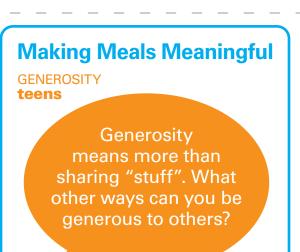














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Making Meals Meaningful

GENEROSITY teens

During this
holiday season, how
can you personally be
more generous? How can
your family be more
generous to your
community?



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Making Meals Meaningful

GENEROSITY teens

Is generosity
about giving away
things we have too
much of or is it also
about giving away
things we need?



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Making Meals Meaningful

COMPASSION

teens

Think of recent world tragedies. How has Canada responded (or not responded) with compassion to other countries?



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Making Meals Meaningful

COMPASSION **teens**

Tell me about the first time you showed compassion towards another person?



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Making Meals Meaningful

COMPASSION teens

Share a time when a family member was compassionate towards you? What did they do? How did you feel?



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COMPASSION **teens**

Name one friend and one family member who you think are really compassionate? What do they do to show you they are compassionate?



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Making Meals Meaningful









Making Meals Meaningful

FOLD

CUT



GLUE

GLUE