

## Making Meals Meaningful

  
**teens**  
FOR AGES 10 TO 16



**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

GENEROSITY  
teens

As a family, how can we show generosity to the community?



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## Making Meals Meaningful

GENEROSITY  
teens

Who is the person who has been the most generous to you? What did they do?



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## Making Meals Meaningful

GENEROSITY  
teens

How can we be kind and generous to people who have been unfair to us?



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## Making Meals Meaningful

GENEROSITY  
teens

Who do you think deserves our generosity?



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## Making Meals Meaningful

GENEROSITY  
teens

How do you think Canada has been generous to other people around the world?



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## Making Meals Meaningful

GENEROSITY  
teens

Who is more generous, a homeless person who gives another homeless person his only pair of mittens or a rich man who donates \$1 million to a homeless shelter?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Name a friend or family member who you think is really accepting? What do they do?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Is it harder to be accepted by your parents? How can we improve this?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Have you ever tried to change yourself to be accepted by others?



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## Making Meals Meaningful

ACCEPTANCE  
teens

What are the most common reasons someone isn't accepted?



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## Making Meals Meaningful

ACCEPTANCE  
teens

When was there a time that you felt very out of place or didn't belong?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Can you think of someone who is often left out? How could you help them feel accepted?



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## Making Meals Meaningful

EMPATHY  
teens

What is the difference between sympathy and empathy?



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## Making Meals Meaningful

EMPATHY  
teens

Is it possible to empathize with someone who has done something terrible to someone else?



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## Making Meals Meaningful

EMPATHY  
teens

How is reading body language connected to developing empathy?



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## Making Meals Meaningful

EMPATHY  
teens

Do you think we should expect governments or corporations to demonstrate empathy?



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## Making Meals Meaningful

EMPATHY  
teens

When can it be hard to show empathy toward someone else?



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## Making Meals Meaningful

COMPASSION  
teens

How can you help someone who is going through a rough time? What can you do/say to make them feel better?



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## Making Meals Meaningful

EMPATHY  
teens

Why is empathy  
important?



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## Making Meals Meaningful

EMPATHY  
teens

Is empathy  
something you are  
born with or is it a skill  
we learn?



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## Making Meals Meaningful

EMPATHY  
teens

Tell me about  
a time when  
someone in your  
school showed you  
empathy? What did  
they do? How did  
you feel?



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## Making Meals Meaningful

EMPATHY  
teens

Who do you easily  
empathize with?



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## Making Meals Meaningful

EMPATHY  
teens

Do actions speak  
louder than words?



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## Making Meals Meaningful

EMPATHY  
teens

How would the  
world be different if  
people showed more  
empathy toward  
one another?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Is it okay to be different?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Share a time when someone in your school accepted you recently? What did they do? How did you feel?



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## Making Meals Meaningful

ACCEPTANCE  
teens

Share a time when you wish you were more accepting towards someone? What do you wish you did differently?



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## Making Meals Meaningful

ACCEPTANCE  
teens

How is acceptance different than tolerance?



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## Making Meals Meaningful

ACCEPTANCE  
teens

In what areas of your life do you feel accepted? What areas do you not feel accepted?



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## Making Meals Meaningful

SELFLESSNESS  
teens

What has been the most meaningful selfless act you have done?



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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?



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## 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?



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## Making Meals Meaningful

SELFLESSNESS  
teens

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



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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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## Making Meals Meaningful

COMPASSION  
teens

Is it the same thing to show compassion for pets as people?



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## Making Meals Meaningful

COMPASSION  
teens

How are "compassion" and "treat others like you want to be treated" connected?



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## Making Meals Meaningful

GENEROSITY  
teens

If I am generous, should I expect others to be generous towards me? Or does that go against the point of generosity?



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## Making Meals Meaningful

COMPASSION  
teens

Does compassion feel the same if we help people we don't know in our community or haven't met in other countries?



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## Making Meals Meaningful

COMPASSION  
teens

Who are you easily compassionate toward? Who do you find it difficult to show compassion towards?



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## Making Meals Meaningful

GENEROSITY  
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Can you think of a situation that might make it hard to be generous?



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## Making Meals Meaningful

GENEROSITY  
teens

Generosity means more than sharing “stuff”. What other ways can you be generous to others?



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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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## Making Meals Meaningful

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

Including 54 conversation cards about:

- Selflessness
- Empathy
- Generosity
- Compassion
- Acceptance



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