




SOCIO-EMOTIONAL SKILLS FOR DEMOCRACY

Activities - Altruism

Philanthropic Challenges

 **Objective:** to develop altruism

 **Duration:** 10 to 15 minutes

 **Pre-requisites:** none

 **Organization:** in large or small groups

Materials:

Small cards and pens

Procedure

You can suggest that students write challenges for themselves or for their peers, parents, teachers, etc.

Together we can invent challenges that cultivate our ability to work for the good of those around us, our ability to serve others without expecting anything in return. We can invent individual or collective challenges to be taken on during a given period. Challenges could be shared as they inspire us to plant seeds of philanthropy.

Examples:

- I prepare a surprise for my friends or family
- I pick up the things that are lying around
- I help a fellow student who is struggling in a subject I enjoy
- I do some shopping for an elderly neighbor
- I write a poem to a teacher

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