



SHARING

WEEK 1: SHARING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 3 to 5

OPENING DISCUSSION:

"Do you know what sharing means? Sharing is when you allow other people to enjoy your things too. For example: if you are playing with a really cool toy and your friend asks if they could play too, then you could share your toy with them. Sharing your things with other people is a great way to make friends."

Let's try a quiz to help you understand about sharing!

Are you sharing if:

- You tell your brother or sister that they cannot play with your toys?
- You allow other people to play with your toys?
- You grab a toy out of someone else's hand when you want to play with it?
- You break a cookie in half and give it to your friend?
- You collect all of the toys that you do not play with anymore and give them to someone who doesn't have many toys?

Finishing the mat chat:

"I want everyone to go home and practice sharing this week. Make sure that you don't grab anything out of someone else's hand just because you want it. Also, let other people play with your toys if they ask. Sharing is an important part of being a kid because you have so many cool toys and things that others will want to enjoy too!"



SHARING

WEEK 1: SHARING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 5 to 8

OPENING DISCUSSION:

"Do you know what sharing means? Sharing is when you allow other people to enjoy your things, including friends. For example, if you are playing with your best friend and another person asks if they can play too, then you should let them join in. By sharing not only your things, but your friends too, you open up the possibility to make many new friends."

Let's answer a few questions about sharing!

Is this sharing, yes or no?

- You and your best friend are playing outside and your neighbor wants to play too but you say no?
- You just got a new game as a gift and your neighbor wants to play so you allow them to enjoy the new game too?
- There is one cupcake left so you eat it fast before anyone can take it?
- Your room is piling up with toys that you don't play with anymore so you put all of your old toys in a box to give away to someone that doesn't have as many toys?

Finishing the mat chat:

"I want everyone to go home and practice sharing this week. Make it a point to share your things when other people ask. Also, try to share your friends when other people want to play. If you tell someone that they can't play simply because you don't want to share your friends with them, then you will hurt their feelings. The more you share, the more friends you will have."



SHARING

WEEK 1: SHARING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

OPENING DISCUSSION:

"What does sharing mean? (Ask *one* student to give their answer) The answer is: To allow someone to use or enjoy something that one possesses, or to give your thoughts, feelings, and time. For example: if someone you know picks on you and hurts your feelings so often that you don't want to play with them, let them know why. Many times problems can be solved by sharing your feelings with others. At the same time, when someone makes you feel special then it is good to share your feelings of appreciation with them."

Let's try a quiz to help you understand sharing!

Sharing, or not?

- You take the time to make thank you cards when other people do something nice for you?
- You are sad because your friend is ignoring you, so instead of telling them how they made you feel, you ignore them too?
- There is only one piece of cake left and both you and your siblings want a piece, so you cut it in half so both of you can have a piece?
- You have free time at school and you only let your good friends play a game with you?

Finishing mat chat:

"I want everyone to go home and practice sharing this week. If someone makes you unhappy, share your feelings with them. Chances are they might not realize how sad they made you feel. Sharing your feelings is a great way to solve many problems. Also, try to let other people play during recess and play time at home. If you exclude others in your play time then you will hurt their feelings. If you always try to share with others, you will make more friends."



SHARING

WEEK 1: SHARING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

OPENING DISCUSSION:

"Tell me what your description of sharing is? (Ask *two* students to describe in their own words what sharing means) Explain that sharing means: to allow someone to use or enjoy something that one possesses, or to give your thoughts, feelings, and time. You are maturing at a rapid pace, and now is the time to start sharing your time and knowledge with others that need help."

Let's try a quick quiz to see if you understand the value of sharing!

What would you do?

- Your mom is not feeling well and she has been in bed sick all day. Would you:
 - a. Go hang out at a friend's house so that you don't get sick too?
 - b. Stay home and take care of as many household chores as possible that your mom normally does each day?
- Your classmate just got another D on his math test, which is your best subject. Would you:
 - a. Tell your parents how smart you are compared to your classmates?
 - b. Offer to help him after school, or during free time knowing that he may understand it better if someone his own age can explain it to him?

Finishing mat chat:

"This week I want you to practice sharing. Find ways that you can share your time and knowledge with others. Take the time to help out with extra chores around the house as a way to show your family that you care. If you have younger siblings, take some time to play with them or help them with their homework. If you do not have a younger sibling, help a friend at school or even volunteer with a charity. The more you share your time and knowledge with others, the more of a leader you will become."