



SHARING

DEFINITION: To allow someone to use or enjoy something that one possesses; to give your thoughts, feelings and time.

"Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give."

- Norman Wacewan

CHARACTER 101

Sharing is an important concept that kids must learn. For many kids it's difficult for them to see the other end of sharing: the benefits that others gain from an act of sharing. In this month's character ed lesson, we are going to break down the many reasons why it is important to share, and how people on both sides of the deal benefit from it.

Here is a guideline regarding kids and sharing based on age:

- With kids ages 3 to 5; they are starting to take ownership of their possessions seriously. Teach them how to share their things with other people.
- With kids ages 5 to 8; they are starting to build strong bonds with specific peers. Teach them how to open up their friendships to other kids who want to join in.
- With kids ages 8 to 12; they are starting to understand cause and effect, especially when it comes to feelings. Teach them how to share their feelings, especially when a friend hurts their feelings.
- With kids ages 12 and up; they are maturing rapidly and can take on many responsibilities. Teach them how to share their time and knowledge with other people.

Clearly, kids already have their parents and teachers preaching about the importance of sharing. As Martial Arts instructors, we have the opportunity to enhance the message of sharing even more through our own positive examples. The more your students see you sharing your possessions, friendships, feelings, time and knowledge, the more they will see that sharing is not just a rule fostered by their parents but a way of life for all good people.