



## The Impact of Giving

### Lesson Plan

Adapt this one-period **lesson plan** for any grade level and follow it with a simple and powerful **service project** on Giving Tuesday. The **reflection** brings learning and service impact together.

**Anticipatory Set:** (10 minutes) Introduce the U.N. Sustainable Development Goal of Zero Hunger. Give a brief introduction to the [Global Sustainable Development Goals](#). Ask the students if they want to do something to help this effort, especially about hunger.

Write this quote on board: "The world's hunger is getting ridiculous. There is more fruit in a rich man's shampoo than on a poor man's plate." - Asad Bashir Khan

Discuss:

1. What does this quote make you think?
2. If there is enough food in the world, what are meaningful things to do to make a real difference?
3. What is it like to take action for the common good? What are the benefits to the giver and receiver?

#### **Part One:** (5-10 minutes) **Understanding Hunger**

**For younger students**, read aloud one of the following books: *Maddi's Fridge* by Lois Brandt or *A Shelter in Our Car* by Monica Gunning.

**For older students**, watch the video [Rethinking Zero](#) about attaining zero hunger in the world - a goal set in the UN Sustainable Development Goals. Discuss the strategies suggested and what individuals and organizations can do.

- Discuss what it is like to experience hunger. What are the effects on our bodies, minds, and attitudes when we don't get enough to eat for a day? What if every day was like that?
- What can we do?

#### **Part Two:** (20 minutes) What is the issue of hunger in our community?

Brainstorm a list of organizations (government and nonprofit) who help address hunger and poverty. The students may look these up on the Internet. Make sure there are local organizations on the list.

Students conduct research about hunger and poverty locally using one of the following methods. They read or listen for stories about the impact of getting help.

1. Ask the principal to share data and information about the free/reduced lunch in the school.
2. Students research the percentage of SNAP (nutrition support) recipients in the community or state.
3. Invite a speaker to the class from a local nonprofit to talk about the issue of hunger in the community and what they do.

#### **Part Three:** (20 minutes) How do nonprofits and individuals address the issue of hunger?

- Learn more together about #GivingTuesday, a global day of giving on the Tuesday after Thanksgiving. People creatively use social media to tell their friends to support the causes they care about. Explore some of the many creative ideas at [www.givingtuesday.org](http://www.givingtuesday.org)
- Discuss what these quotes mean:



1. "The best way to find yourself is to lose yourself in service to others."
  2. "A society grows great when old men plant trees whose shade they know they shall never see." - Greek proverb
- Share stories of how giving feels and its impact. Discuss with students what they like about #GivingTuesday, a global day of giving.

In preparation for #GivingTuesday, the students learn about the nonprofits (brainstormed in Part 2, above) that address hunger.

**Elementary:** Work together to learn about one nonprofit. Design a poster with hunger facts and information about the nonprofit's work and how people can help.

**Middle and High School:** Students choose which nonprofit they want to research and share [on social media] what they learned to encourage others to help address the issue.

1. What is the name of the nonprofit?
2. What is their mission?
3. What help do they need to meet their mission?
4. What evidence tells you this is a good organization to help?

## Service Project

*This service project may be started in class and completed in subsequent days, either with the class or with friends and family.*

**Project Overview:** Invite representatives from local nonprofits to a volunteer fair to share what they do, what they need, and volunteer opportunities (direct help, collection drive, or advocacy). Alternative: choose one nonprofit from the student research and hold a game-a-thon (or dance-a-thon, jump-a-thon, etc.) to raise money for the nonprofit's work.

### Procedure:

1. Determine a day to hold the event close to #GivingTuesday.
2. Get permission to use a school room for the event.
3. Make posters/send home flyers advertising a school-wide event to be held for students and families in the community. If it is a \_\_\_\_\_-a-thon, give all participating students forms and time to collect pledges.
4. Invite nonprofits to set up tables at the event to share what they do and how people can help.
5. Gather supplies needed to make the event a success.
6. Each day leading to the event, read statistics on hunger over the P.A. system.
7. Hold the event.
8. Collect funds or non-perishable food items and donate to a local nonprofit.
9. Reflect on the event. Did people learn about hunger? Did they choose to support nonprofits?

## Reflection:

Students visually represent the facts they learned and write a paragraph reflection about what they learned and what they did and plan to do to make a difference.

- Students create color graphs to represent the information found through the research and interviews.
- Students write a blog or social media post celebrating the impact they made.

**Follow-up:** Discuss what they'd like to do next to continue their service to the community.

