

Reflect on Helping Others

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.

Below are some additional quotes about generosity. Read them and reflect on what they say about helping others.

TEACHER NOTE: This activity can be done in multiple formats, such as: have all students complete the handout, write a quote on the board each day to discuss, or use as a jigsaw activity where groups of students each take a quote and explain what it means to the rest of the class.

1. "For it is in giving that we receive." - *Saint Francis of Assisi*

What does this quote mean? _____

2. "The sole meaning of life is to serve humanity." - *Leo Tolstoy*

What does this quote mean? _____

3. "We make a living by what we get; we make a life by what we give." - *Winston Churchill*

What does this quote mean? _____

4. "There is no exercise better for the heart than reaching down and lifting people up." - *John Holmes*

What does this quote mean? _____

5. "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - *Dr. Seuss*

What does this quote mean? _____

6. "The meaning of life is to find your gift. The purpose of life is to give it away." - *Pablo Picasso*

What does this quote mean? _____

7. "The best way to find yourself is to lose yourself in the service of others." - *Mahatma Gandhi*

What does this quote mean? _____

8. "Only a life lived for others is a life worthwhile." - *Albert Einstein*

What does this quote mean? _____

9. "Those who are happiest are those who do the most for others." - *Booker T. Washington*

What does this quote mean? _____

10. "The purpose of life is to contribute in some way to making things better." - *Robert F. Kennedy*

What does this quote mean? _____

