



# Moment of Generosity

## Concentric Circle Facilitation Guide

### What it is

A simple reflection activity where kids think about one kind thing they did (or could do) and explore how that action ripples outward.

### Works for

Any age that can draw or write.  
Takes about 10-15 minutes.

## How to use it

1. **Set it up.** Ask the kid to think of one kind thing they did recently — or something they'd like to do. It doesn't have to be big. Held the door? Shared a snack? That counts.
2. **Start in the center.** Have them draw or write their kind action in the small circle. Drawing is totally fine, especially for younger kids.
3. **Move outward, one ring at a time. Talk through each ring together:**
  - **Ring 1** — *Who I helped directly:* Who noticed your action right away? Who received it?
  - **Ring 2** — *Who else might have benefited:* Did anyone else feel the effect, even indirectly? (The friend who saw it? The whole classroom? A family member?)
  - **Ring 3** — *How I felt inside:* What did it feel like to do something kind?
4. **Talk about it.** When they're done, ask one simple question: "Does anything surprise you about how far your action reached?"

### Tips

- There are no wrong answers. The goal is noticing, not performing.
- For younger kids, do it together out loud before writing anything down.

Template on pg 2



# My Moment of Generosity

Think about one kind thing you did. Then fill in the circles.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**How I  
felt inside**

**Who else might  
have benefited**

**Who I helped  
directly**

**My kind action:**  
Draw or write it