Seasons of Wonder: **Caring for Our Community**

Small acts can make a big difference

Our communities are made up of people who help, support and care for one another. This activity gives children the opportunity to learn about kindness, generosity and community spirit by getting involved in a local project.

Whether you donate to a food bank, contribute to a charity collection or take part in a community project, there are lots of simple ways to show that we care.

Materials

This will depend on the activity you choose. You could use:

- Items requested by your local food bank
- A bag or box for donations
- Children's books or toys for a charity collection
- Art materials for a community project
- A reusable bag for collecting items

Before collecting donations, check what your chosen charity or community organisation currently needs and whether there are any items they cannot accept.

How to play

1. Talk to your child about your local community and choose something you would like to support. You could find a local food bank, charity collection or community project that welcomes donations or volunteers.
2. Look at what the organisation needs and decide together how you can contribute. For younger children, this could be as simple as choosing a few suitable items to donate from your weekly shop.
3. Give your child a role in preparing the donation. They could help choose items, pack a bag, decorate a donation box or make a card to go with it. Talk about why you are donating and who it might help.
4. Take your donation to the chosen collection point or take part in the community activity together. Where appropriate, explain to your child what happens to the items afterwards and how they can help other people.
5. Afterwards, spend some time talking about what you did and why it was important. There is no need to focus on how much you gave. The focus is on understanding that everyone can contribute to their community in different ways.

How Does This Benefit Children?

Understanding Community - Children begin to understand what a community is and how people can work together to support one another.

Empathy and Compassion - Learning about the needs of others encourages children to think about different experiences and develop an awareness of other people's feelings.

Social Responsibility - Children learn that they can play a positive role in their community and that even small actions can help others.

Communication and Language - Talking about communities, charities, giving and helping introduces new vocabulary and encourages children to ask questions and share their ideas.

Emotional Development - Taking part in a meaningful activity can help children develop a sense of belonging and understand the positive feelings that can come from helping others.

Independence and Decision-Making - Giving children choices about what they would like to contribute encourages them to take part, make decisions and understand that their actions matter.

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