

**Busting Out of the Bubble:
Teaching Kids to Feel Empathy for All God's Children Through Service**
Marci McPhee and Michelle Henderson

Create a Culture of Service in your family!

READINGS:

- PrimaryinZion.wordpress.com, with visitors from 152 countries, all 50 US states, and 9 of 10 Canadian provinces. "Like" the page on Facebook or "follow" the blog to receive weekly emails of new posts! Type these titles in the blog search box:
 - "Pint Sized Service Projects"
 - "Transform year-round holiday craziness into holiday service"
 - "Women and Service in the Kingdom: a Sharing Time or family night lesson for girls AND boys" about women's leadership in the Church of Jesus Christ of Latter-day Saints
 - "Healing Hearts through Helping Hands," about girls in Framingham/ Marlboro, MA area who made a quilt for Oklahoma tornado victims
 - "Serving in our community: a ward food drive"
 - *(Your Idea Here! we're always looking for guest authors for the blog)*
- "Sunday Lessons and Activities for Kids," a book that grew from the blog, with additional ideas such as "Tithing for Tots" and helping children understand non-traditional families.
- "Raising an Emotionally Intelligent Child," by John Gottman, about Emotion Coaching, which helps adults meet the emotional needs of children, so that they can also learn empathy for others.

CHILDREN'S BOOKS:

Biographies about service heroes such as Gandhi, Lincoln, Susan B. Anthony, Florence Nightingale, Harriet Tubman

General topics: service, empathy, emotions, acceptance, special needs children, etc.

Goodreads.com and librarything.com are good resources for specific titles.

Picture books: (thanks to children's librarian friend Claire for these recommendations!)

- "Today I Feel Silly And Other Moods That Make My Day" by Jamie Lee Curtis (Learning to accept emotions demonstrates empathy; also related to Emotion Coaching above.)
- "Change the World Before Bedtime," by Mark Kimball Mouton and others
- "Froodle" by Antoinette Portis (A bird wants to make up new words; the other birds don't like it but eventually come around.)
- "Gorilla! Gorilla!" by Jeanne Willis (A mother mouse is chased by a big scary gorilla, but it turns out he's just trying to bring her missing baby back to her.)
- "It's OK to Be Different" by Todd Parr
- "The Lion and the Mouse" (an Aesop's fable about a mouse who helps a trapped lion and later is saved by him in return.)
- "The Midnight Library" by Kazuno Kohara (A librarian helps different animals.)
- "Ribbit!" By Rodrigo Folgueira (Frogs are confused and dismissive when a pig starts sitting on a lily pad saying ribbit; turns out he's just trying to make friends.)

Nonfiction:

- "Biblioburro" by Jeanette Winter (A boy in Colombia decides to share his books in a traveling library, bringing the gift of reading to children in faraway villages.)
- "Mama Miti" by Donna Jo Napoli (The story of Wangari Muta Maathai, the first African woman to win the Nobel Peace Prize, & her environmental work in Kenya.)
- "Twenty-Two Cents: Muhammad Yunus and the Village Bank" by Paula Yoo (Biography of the founder of micro-loans, and a celebration of the power of one person to make a difference.)
- "Who Says Women Can't Be Doctors? The Story of Elizabeth Blackwell" by Tanya Lee Stone (Biography of the first woman doctor in the United States.)

Chapter Books:

- "Lulu and the Duck in the Park" (and sequels) by Hilary McKay (Lulu is not only kind to animals, but to everyone and everything.)
- "The Thing About Georgie" by Lisa Graff (Poignant, often funny exploration of what it means to celebrate one's skills rather than lamenting one's limitations, and what it's like to be different.)
- "Three-Ring Rascals" series by Sarah and M. Kate Klise (New circus manager Barnabas greedily increases prices and treats the animals poorly, yet circus owner Sir Sidney believes that the scoundrel can be a better man tomorrow.)
- "Wonder" by R. J. Palacio (One community's struggle with empathy, compassion, and acceptance of a boy with a facial difference.)

MUSIC:

from *Children's Songbook (CS)*, published by The Church of Jesus Christ of Latter-day Saints

- "As I Have Loved You" CS 136
- "Give Said the Little Stream" CS 236
- "I'll Walk with You" CS 140
- "I'm Trying to Be Like Jesus" CS 78
- "We Are Different" CS 263
- "I Have Two Little Hands" CS 272
- "Jesus Said Love Everyone" CS 61
- "Kindness Begins with Me" CS 145

SCRIPTURES:

- John 6:5-14 (loaves and fishes)
- John 21:15-17 (feed my sheep)
- Acts 10:38 "Jesus... went about doing good, for God was with him."
- 3 Nephi 27:21 and 27 in the Book of Mormon: "[T]he works which ye have seen me do that shall ye also do. What manner of men ought ye to be? Verily I say unto you, even as I am."

Send us your questions, comments, service ideas, success stories, and colossal failures!
We'd love to hear from YOU.

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