

ISSUE 6

# YOUTH ZONE

**“Do I Have  
Enough?”**

**Kids Who  
Care**

**Are You a  
Finder,  
Keeper ...  
or Giver?**





## CONTENTS

### THEY DID IT!

- 3 "Do I Have Enough?"
- 4 My Pal
- 5 Activity Corner: Kindness Week

### YOU CAN TOO!

- 6 Kids Who Care
- 7 Small Deeds of Kindness
- 7 Kindness Quotes
- 8 Activity Corner: The Coin Jar

### WHEN THINGS ARE DIFFICULT

- 9 Another Chance
- 10 Pass It On

### TALK ABOUT IT

- 12 Are You a Finder, Keeper... or Giver?

### FAMOUS PEOPLE

- 13 Albert Einstein
- 14 Activity Corner: Kindness Math

### READY ... SET ... ACTION!

- 15 Use Your Words

### CREDITS

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## FROM THE EDITOR:

One day, a boy who usually ate his lunch in the school cafeteria, noticed that the new woman who started working behind the counter often had a frown on her face. She looked tired, too. "She must have been making sandwiches for about two hours by now," he thought, "and I am just another sandwich to her."

He told her what he wanted. She weighed out the chicken on a little scale, gave him one leaf of lettuce, a few potato chips, and handed his plate to him.

The next day he went through the same line—same woman, same frown. The only difference was he noticed her nametag. He smiled and said, "Hello, Eunice," and then told her what he wanted. Guess what happened? She forgot the scale, piled on the chicken, gave him three leaves of lettuce, and heaped on the potato chips until they fell off his plate!

The power of being kind is tremendous, and can make a big difference in someone's life. The stories, articles, and tips in this issue of *Youth Zone* focus on this important, but often neglected skill. Sometimes our acts of kindness do not get an instant reaction, but in many cases, we see the effects right away. When that happens, it's always worth telling the story.

If you have any kindness stories, email us at [youthzone@motivatedmagazine.com](mailto:youthzone@motivatedmagazine.com) and tell us about it.

*Christina Lane*  
**FOR YOUTH ZONE**

# "DO I HAVE ENOUGH?"

By Sharon Palmer, adapted

While doing some last minute shopping in a toy store, I decided to look at dolls for my nieces.

A nicely dressed young girl was excitedly looking through the dolls as well, with some money clamped tightly in her hand. When she came upon a doll she liked, she would turn and ask her father if she had enough money to buy it. He mostly said "yes," but she kept looking and going through their ritual of "do I have enough?"

A young boy her age wandered across the aisle and started sorting through the video toys. He was dressed neatly, but his clothes were obviously rather worn, and his jacket was probably a couple of sizes too small. He too had money in his hand, but it looked to be no more than five dollars at the most.

He was with his father as well. He kept picking up different video toys, but each time he picked one up and looked at his father, his father shook his head, "No."

The girl had finally chosen the doll she wanted, a beautifully dressed, glamorous one that would have been the envy of every girl on the block. However, she had stopped and was watching the interchange between the boy and his father. Rather dejectedly, the boy had given up on the video games and had chosen what looked like a book of stickers instead. He and his father then walked off down another aisle of the store.

The girl put her doll back on the shelf, and ran over to the video games. She excitedly picked up one that the boy had looked at, and after speaking with her father, raced toward the checkout. I picked up my purchases and got in line behind them. Then, much to the girl's obvious delight, the boy and his father got in line behind me.

After the toy was paid for and bagged, the girl handed it back to the cashier and whispered something in her ear. The cashier smiled and put the package under the counter.

I paid for my purchases, and while rearranging things in my purse, the boy came up to the cashier, who rang up his purchase. Then she



said, "Congratulations, you are my hundredth customer today, and you win a prize!"

With that, she handed the boy the video game. He could only stare in disbelief. It was, he said, exactly what he had wanted!

The girl and her father had been standing in the doorway during all of this, and I saw the biggest, prettiest, toothless grin on that girl's face I have ever seen. When they walked out the door I followed close behind them.

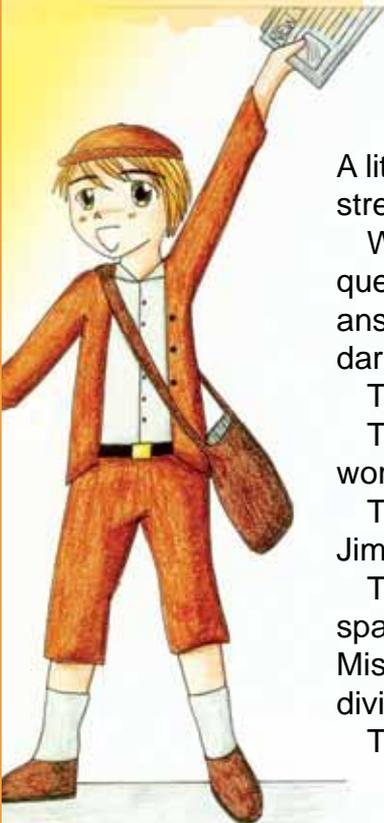
Amazed over what I had just witnessed, I heard the father ask his daughter why she had done that. I'll never forget what she said to him.

"Daddy, didn't Grandma and Grandpa want me to buy something that would make me happy?"

He said, "Of course they did, honey."

She replied, "Well, I just did!"

With that, she giggled and started skipping toward their car, apparently answering her own question of, "Do I have enough?" ☀



## MY PAL

A little orphan newspaper boy was selling his papers on the streets. A man stopped to buy a paper from him.

While the man was searching his pocket for a coin, he questioned the newspaper boy as to where he lived. The answer was that he lived in a little cabin way down in the dark district of the city, on the riverbank.

The next question was, "Who lives with you?"

The answer was, "Only Jim. Jim is crippled and he cannot work. He's my pal."

The man ventured the remark, "You'd be better off without Jim, wouldn't you?"

The answer came with some scorn. "No, Sir, I couldn't spare Jim. I wouldn't have anybody to go home to. An' say Mister, I wouldn't want to live and work without anybody to divide with, would you?"

That was a short lecture, but it hit home. ☀

# ***KINDNESS WEEK***

Ask your teacher or mentor, or your parents, if you can get together with your class, or a group of friends, to promote kindness for one week. Pick one or more slogans and create posters and bumper stickers. Put them up in the classroom, your room, on the back of cars (with permission), and wherever you can.

Also use your kindness slogans whenever you are writing something, like emails, school assignments, etc. You can also create stickers to decorate your notebooks. Some slogans could even make great posters to display in the windows of local shops.

Here are some examples to get you started:

- ❖ Kindness can change the world.
- ❖ Kindness begins like a ripple of water...
- ❖ Kindness makes your heart glow!
- ❖ The kindness in people reflects back to them.
- ❖ I believe in the magic of kindness.
- ❖ Practice random acts of kindness.



# Kids who Care

**Discovering a need—  
and a way to fill it**

By Thomas Fields-Meyer

## WHO

Spencer Whale, 13

### ACHIEVEMENT

Invented IV cars for sick kids

### THE INSPIRATION

Raised by a mother with a history of heart ailments, Spencer Whale had spent enough time around hospitals to know he wanted to help make patients—particularly kids—feel better. On a visit to the Children’s Hospital of Pittsburgh, he noticed a boy pedaling down the ward in a toy car while his mother, holding his IV pole, panted as she jogged after him. “I wondered,” says Spencer, “why has no one thought to attach an IV pole to the pedal cars?”

### THE SOLUTION

Spencer solicited donations of pedal cars and IV poles and enlisted volunteers to do the welding. The result: The KidKare Ride Toy is already a hit with doctors and patients alike at Mineola, N.Y.’s Winthrop-University Hospital, where dozens are already in use. Next year Little Tikes Toy Company plans to make them available nationally. “It makes the whole hospital environment less threatening,” says Dr. Mark Weinblatt, director of Winthrop’s Cancer Center for Kids. “They forget they are getting treatments.” That’s gratifying to Spencer, who got help and direction from big brother and fellow inventor Brandon, 16, who created among other things a device called the Needle Beetle, which helps make IVs a less painful experience. “We can’t help that they’re sick,” says Brandon. “But at least we can help them have more fun.”

# Small Deeds of Kindness

By Brittany Eckert

It was just a small incident, but it made my day.

I went to pick up some supplies for school one afternoon and I simply held the door open for a frail-looking elderly woman. To my delight she was extremely grateful and responded with “thank you so much!” and “you teenagers are so sweet these days.” She quickly put a big smile on my face and I told some friends at school, who thought it was really neat.

Isn't it wonderful how sometimes the littlest things can touch you in a perfect way? It's just a thought, but to me an act of kindness is a gift to you as well as to the person you give it to.



## Kindness Quotes

Kindness is a language which the deaf can hear and the blind can see. —Mark Twain

Be kind to unkind people—they need it the most. —Ashleigh Brilliant

Forget injuries. Never forget kindnesses. —Confucius

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the giver. —S. H. Simmons

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. —Leo F. Buscaglia

# THE COIN JAR

With your teachers and/or parents' permission, get together with your class, or a group of friends, and decide together on a charity or good cause to support. Some ideas are the children's ward of a hospital, a local orphanage, or a school for the deaf or blind. Once you've picked a cause:



1. Label some large, plastic or glass containers or jars with "Coins for \_\_\_\_\_" (Fill in the name of your cause.)
2. If you have permission, place the jars in your school, and other venues where people are sure to see them.
3. Be sure to advertise your project to those you meet, and tell them how this will help the cause.
4. When a jar fills up, start another. Along the way, guess together with your class or friends the value of the coins in the jar, how many coins are actually in the jar, how much the jar weighs, etc. Recognize the closest guesses in some way.
5. When your "Coins for \_\_\_\_\_" project is complete, write an article for your school newsletter, or the local newspaper, and arrange to take the funds to the cause you chose to support.

This project demonstrates that one small act—such as contributing a few coins—can make a difference and multiply into many acts of kindness, sharing, and caring. It is astonishing how quickly coins will grow into a considerable amount of money, too!

## Tip:

On a daily basis, rotate the jars within a building, like the parents/information center, staff lounge, office and workrooms, etc. Inform the building community of your project and watch the coins multiply!



It's not always easy to be kind. When people grumble, make mistakes, or complain, we may not feel like responding kindly. Or when we want to do something for ourselves, it can be a struggle to

do something kind for someone else instead. Here are two stories to illustrate that despite our circumstances, kindness is always the best and most rewarding course of action to take.

## ANOTHER CHANCE

What would you have done?

Author Unknown

If ever a man truly forgave another man, it was Thomas Edison, the inventor of the electric light bulb. At one point in his experiments, he had at last produced a perfect bulb—the final result of hundreds of trials. It was the first electric light bulb ever made and Edison was full of pride and delight. He had been dreaming of this moment for years.

“Take it upstairs, Jimmy,” he said, handing it to his assistant Jimmy Price. Then suddenly there was a crash and Edison turned to see the precious bulb lying in fragments on the floor. Jimmy had let it slip through his fingers!

Edison said nothing—what his thoughts were can be imagined. He went back to his workbench and set to work once more to make another bulb. It was days more before at last this second bulb was ready. There it lay on the bench before its maker, fully completed.

Then Edison did a very big thing—as a sign that he had forgiven his apprentice for breaking the first bulb. With a smile, he handed the new bulb to Jimmy. “Careful now,” he said. He was giving the boy another chance. Jimmy did not break that bulb—and so we have them in their millions in the world today. ☀



# PASS IT ON

From [www.helpothers.org](http://www.helpothers.org), adapted



This story is not really mine; it belongs, in fact, to my sons, Joshua and Christopher, and to several of their friends.

One Saturday, several years ago, when the boys were still in junior high school, after a snowfall of several inches, I asked my sons to take care of the path in front of our house. “Shovel the steps and the sidewalk,” I told them. “And the driveway would be nice....”

I really didn’t expect them to exert that much effort. It was a Saturday, after all; there was no school, and some of their friends were planning on dropping by so they could all walk to the mall.

An hour passed, and it occurred to me to check on their progress. I had been holding their allowance money ransom until they

finished the job, and I assumed they would want it for the arcade.

I opened the front door, but they were nowhere in sight. The walk was done, and the steps ... and the driveway ... and, if shovel marks can own distinctive patterns, so were the driveways of our neighbors on either side of us.

I was curious, but not curious enough to worry about it. I assumed, simply, that they had wandered off for a bit, and after playing about somewhere would return or call in before lunch.

After another hour, though, my curiosity got the better of me. I pulled on my jacket and wandered casually down the street.

There were footprints. I picked out the tear in Christopher's right boot. I counted at least five pairs of feet, and began following the trail they made down our block. Three-quarters of the way to the corner, I noticed another driveway sporting some of the same shoveling patterns as my own and my neighbors'; the driveway had been shoveled, and the walk, and the steps leading to the front door. There was no indication, however, that the group had approached the door first, in order to negotiate some sort of reward or pay.

I looked back up the block at the tracks I had followed. The trail led directly from our house to this one. It belonged, I remembered,

to an elderly woman who spent all of her free time taking care of her nephew. He was disabled, bed-ridden; she was a widow with no children of her own.

The trail continued from there around the corner. Two blocks, another driveway, walk and steps. There seemed a certain determination to their stride; they weren't going from door to door, as one might have expected. The group was purposefully selecting certain houses, shoveling them out, and moving on.

I surrendered at that point and returned home. I waited. Around one o'clock, Josh and Chris came home, and brought back some friends. I invited them in—there were eight in all—for hot chocolate and cinnamon rolls. I asked no questions, and made no sign that I had followed them. When I handed them their allowance, one of their friends handed me one of the notes they had been leaving at the scene of each "crime" they had committed. It read,

**"Your path has been shoveled. There is no need to thank us. Do something nice for someone this week. Have a great weekend!"**





# ARE YOU A FINDER, KEEPER... OR GIVER?

Unknown - Legend

A wise woman who was travelling in the mountains found a precious stone in a stream.

The next day she met another traveller who was hungry, and the wise woman opened her bag to share her food.

The hungry traveller saw the precious stone and asked the woman to give it to him. She did so without hesitation.

The traveller left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime.

But a few days later he came

back to return the stone to the wise woman.

"I've been thinking," he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious: Give me what you have within you that enabled you to give me the stone."

**TALK ABOUT IT**  
What do you think about this story? Do you think the traveler did the right thing by giving the gem back to the woman? Why?

# Albert Einstein

**Birth name:** Albert Einstein

**Born:** March 14, 1879, Ulm, Württemberg, Germany

**Died:** April 18, 1955 (aged 76), Princeton, New Jersey, U.S.

Albert Einstein was the twentieth century's most celebrated scientist. He developed the theory of relativity, revolutionized physics, and became an iconic genius. He also was a very kind, and caring person. Here are some anecdotes about him:

## AT EINSTEIN'S HOUSE

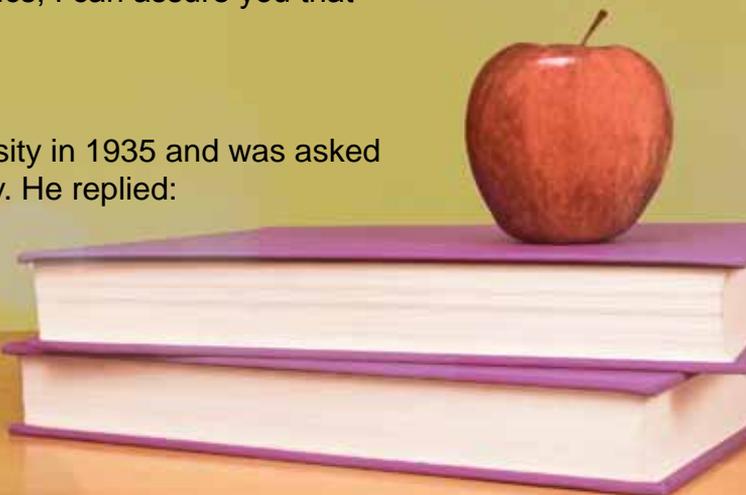
One of Einstein's neighbours, the mother of a ten-year-old girl, noticed that the child often visited Einstein's house. The woman wondered about this, and the child explained, "I had trouble with my math homework. People said that at No. 112 there lives a very big mathematician, who is also a very good man. I asked him to help me. He was very willing, and explained everything very well. He said I should come whenever I find a problem too difficult."

## KIND EINSTEIN

Once, Einstein sent this reply, along with a page full of diagrams, to a fifteen-year-old girl who had written for help on a homework assignment: "Do not worry about your difficulties in mathematics; I can assure you that mine are much greater."

## EINSTEIN'S MISTAKES

Einstein came to Princeton University in 1935 and was asked what he would require for his study. He replied: "A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes."



# Kindness Math



**Here is something to think about with your class or group of friends:**

**How long would it take to do ONE MILLION ACTS OF KINDNESS? What would it take?**

**An act of kindness can be as easy as a friendly smile for a stranger, a kind thought for someone, holding the door for others, helping someone elderly with a routine task, letting a driver through in traffic, thanking someone for**

**their service, forgiving someone whom you felt has hurt you, and the list goes on.**

**Do you think we could do one million acts of kindness in your lifetime? If so, let's start today!**

**Here's some more math fun... If each person in your group or class did at least one act of kindness each day, how many would that be by the end of the year?**

50 acts of kindness per day... for 55 years... equals one million acts of kindness.

Idea adapted from *Sow Seeds of Love*.

## USE YOUR WORDS...



“Central” (an operator at a telephone exchange) was tired, her head ached; she had just succeeded, after repeated efforts, in finding the number eagerly wanted by a woman—and here the woman was calling again! “Can’t that woman be quiet a minute?” She thought, while she answered the call and repeated, “Number, please?” trying not to speak crossly.

“Central,” said a pleasant voice, “I want to thank you for taking so much trouble to get me that last number. You are always very kind and helpful, and I do appreciate it.”

The surprise was so great, so overwhelming, that Central could only murmur confusedly, “I—oh, yes, ma’am.” Nothing like this had happened before. Suddenly her headache was better; suddenly the day was brighter; suddenly, too, there came a lump in her throat, and she reached for a tissue. It felt so good to be thanked. ✨

## WORDS HAVE POWER!

**They motivate...inspire...encourage...give confidence, and bring joy.**

- ⌘ Write notes of appreciation to the cafeteria workers, janitors, or other staff members at your school who don’t normally receive recognition.
- ⌘ Tell someone that they are special.
- ⌘ Write a letter to someone, telling them how much you appreciate them.
- ⌘ Write a letter to a friend, classmate or co-worker, highlighting their strengths.
- ⌘ Play a “10 Good Things” game. Say ten good things about someone.

**Remember that words are powerful. Say something to someone that you know they want to hear—or need to hear.**

# Kindness is...

**Kindness is patient.**

**Kindness is gentle.**

**Kindness is not jealous.**

**Kindness does not show off.**

**Kindness is not big headed.**

**Kindness is considerate.**

**Kindness is unselfish.**

**Kindness is not easily angered.**

**Kindness forgets others' mistakes.**

**Kindness does not laugh when others are hurt.**

**Kindness tells the truth.**

**Kindness always protects.**

**Kindness always trusts.**

**Kindness is optimistic.**

**Kindness always keeps trying.**

**Kindness never fails.**