

Pay it Forward



Christmas is a festival that has been celebrated in the northern hemisphere for well over 1500 years. In many of the European countries where it is celebrated, it is during the winter month of December. It gets dark earlier and the weather is cold. It is the perfect time to see the beautiful twinkling lights, eat huge roast meals and play in the snow. All of these images and activities we relate to a traditional Christmas.

A kiwi Christmas is very different. For us, it is summer time and the living is easy. The pohutukawa tree is in bloom and it is too hot to eat big meals inside. Most families have time off together because their children have summer holidays. Some families travel to a holiday crib to spend time near water barbequing and making the most of the long summer evenings.

For you, the young people in these families, Christmas can quite often be a time where there are thoughts of what you will receive rather than what is given. As you grow older, you realise that it is more important that your whanau feel joy, peace and kindness towards others at this time of year. Your gifts do not need to be things. There are many other things you can do to make this time more special. You can give your time to someone who needs help, your love to someone who feels sad or your kindness to someone who is upset.

Instructions

1. Get into groups of four—five.
2. Read and discuss your focus card—each group has a different one.
3. Come up with one action each you can take in that area to make it better.
4. Write these down these actions on the square pieces of paper.
5. Decorate the other side of the square with Christmas colours.
6. Fold the square into an origami 'Christmas Heart'.
7. Put all the hearts together and number them 1—25.
8. Create an advent calendar with these Christmas Hearts on the classroom wall.
9. Every day during December, choose a heart from the advent calendar.
10. Complete the activity on that heart that day.

Focus Cards



Your group focus is
school **grounds**

Example:
Pick up a piece of
rubbish in the classroom

Your group focus is your
school **classmates**

Example:
Invite a person, that you don't
normally sit with, to eat lunch together

Your group focus is
the **things** at home

Example:
Make your bed

Your group focus is
the **people** in your home

Example:
Help someone with a job
they are doing around the house

Your group focus is the
adults in your school

Example:
Be kind to your teacher all day

Your group focus is
the **people** in your community

Example:
Write a note for the person who
delivers the mail saying thank you

Christmas Hearts

