



Effortless Empathy

Create The Moment

30 Real-Life Experiences That Build Life Skills

Simple experiences you can create today
to help your child practice the skills
they'll need as an adult.



Real-Life Experiences That
Build Identity & Life Skills



Effortless Empathy

The Big Idea

Parenting gives us thousands of teachable moments, but we don't always have to wait for one.

Create the Moment experiences help children practice skills across six areas:
Empathy & Perspective-Taking • Responsibility & Independence • Confidence & Communication • Problem-Solving & Adaptability • Self-Management & Perseverance • Generosity, Contribution & Character.

They are built around the Effortless Empathy 3-Step Method:



Connect

Share an enjoyable experience together.



Extend

Gently nudge your child's attention beyond themselves and let them take action.



Reflect

Talk about what happened and how it felt.

**Make the activities age-appropriate
and adjust where needed.**



**Give them safe,
real-world practice
before life demands the skill.**





Effortless Empathy

Find Your Next Moment

Explore 30 real-life experiences across 6 categories.
Choose a skill your child can practice today

1 Empathy & Perspective-Taking

1. The Cookie Delivery
2. Interview Someone From Another Generation
3. Plan a Visit for a Guest
4. Do Someone Else's Job for a Day
5. Make a Comfort Plan

2 Responsibility & Independence

6. Be in Charge of Breakfast
7. Make the List, Check the List
8. Pack for the Outing
9. Take Over One Real Family Job
10. Get Tomorrow Ready Tonight

3 Confidence & Communication

11. Explain the Problem Yourself
12. Ask the Store Employee for Help
13. Introduce Yourself First
14. Order Your Own Meal
15. Make the Phone Call

4 Problem-Solving & Adaptability

16. Plan Dinner With What We Have
17. Figure Out How to Carry It
18. Fix It Before We Replace It
19. The \$10 Challenge
20. The Plan B Challenge

5 Self-Management & Perseverance

21. Finish Something That Takes More Than One Day
22. Try It Different Ways
23. Practice the Part That's Hard
24. Wait for Something Worth Waiting For
25. Set a Small Goal and Track It

6 Generosity, Contribution & Character

26. Plan A Surprise
27. Choose a Gift for a Child You Don't Know
28. The Secret Helper Mission
29. Give Something Good Away
30. Improve One Shared Space



Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Empathy & Perspective-Taking**

Experience Type: **At Home * Social * Low-Cost**

1 The Cookie Delivery

Bake cookies together and bring some to someone who might enjoy a surprise.

CONNECT



Bake cookies together because it's fun. Let your child help choose, measure, mix, and decorate.

EXTEND



Ask: "Who else might enjoy some of these?" "Who would be surprised to get them?" Let your child help package the cookies and deliver them.

REFLECT



Ask: "How do you think they felt?" "What did you notice?" "How did that make you feel?"



Life Skills

Generosity • Empathy
Perspective-Taking •
Thoughtful Decision-Making



Parent Reminder

Ask open questions.
There may be more
than one thoughtful
response.



Adult Bridge

Noticing others' needs
and acting
thoughtfully supports
empathy, strong
relationships, and
consideration for
others throughout life.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Empathy & Perspective-Taking**

Experience Type: **Family • Social • No-Cost**

2 Interview Someone From Another Generation

Invite your child to ask an older family member, neighbor, or family friend about what life was like when they were young.

CONNECT



Help your child think of a few things they are genuinely curious about: school, games, holidays, chores, technology, friendships, or family life.

EXTEND



Let your child ask the questions and listen to the answers. Encourage follow-up questions like: "What was that like?" "How was that different from now?" "What did you like best?"

REFLECT



Ask: "What surprised you?" "What felt different from your life?" "What was more similar than you expected?"



Life Skills

Curiosity • Listening
• Perspective-Taking
• Social Awareness



Parent Reminder

Let the conversation wander. Curiosity matters more than getting through a list of questions.



Adult Bridge

Understanding experiences different from our own helps adults listen well, communicate across differences, and build stronger relationships.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Empathy & Perspective-Taking**

Experience Type: **At Home • Social • Family • Low-Cost**

3 Plan a Visit for a Guest

Let your child help plan for someone who is coming to visit, eat with you, or spend time in your home.

CONNECT



Talk about who is coming and what your child already knows about them. Make preparing for the visit something you do together.

EXTEND



Ask: "What would make them feel welcome?" "Is there anything they especially like or need?" Let your child help choose food, an activity, a comfortable place to sit, or another thoughtful detail.

REFLECT



Ask: "What did you notice about what they enjoyed?" "How did planning for someone else change what you chose?" "How did it feel to help them feel welcome?"



Life Skills

- Perspective-Taking •
- Hospitality •
- Planning •
- Consideration



Parent Reminder

The goal is not a perfect visit. Let your child's ideas shape part of the experience.



Adult Bridge

- Anticipating another person's needs
- supports hospitality, teamwork, caregiving, relationships, and thoughtful leadership.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Empathy & Perspective-Taking**

Experience Type: **At Home • Family • No-Cost**

4 Do Someone Else's Job for a Day

Let your child take over one age-appropriate task another family member normally handles.

CONNECT



Choose a real job together: setting the table, feeding a pet, sorting laundry, packing lunches, watering plants, or another regular task.

EXTEND



Ask: "What does this job actually involve?" "What might make it harder than it looks?" Let your child do the task from beginning to end with only the support they truly need.

REFLECT



Ask: "What did you notice that you hadn't thought about before?" "Was any part harder than you expected?" "How do you see this job differently now?"



Life Skills

Empathy •
Awareness •
Responsibility •
Contribution



Parent Reminder

Choose a job your child can realistically complete. The point is understanding, not proving how hard someone else works.



Adult Bridge

Recognizing the effort behind other people's work builds appreciation, teamwork, and respect for the contributions people make in families and workplaces.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Empathy & Perspective-Taking**

Experience Type: **At Home • Social • Low-Cost**

5 Make a Comfort Plan

Choose someone who is sick, sad, stressed, lonely, or having a difficult time and think together about what might bring them comfort.

CONNECT



Talk briefly about the person and what your child knows about the situation without sharing private details they do not need.

EXTEND



Ask: "What might they need right now?" "Would they want company, something helpful, or some space?" Let your child help choose an appropriate action: make a card, prepare a snack, send a message, help with a task, or simply check in.

REFLECT



Ask: "How did you decide what might help?" "What did you notice about their response?" "Did anything turn out differently than you expected?"



Life Skills

Empathy • Emotional Awareness • Perspective-Taking • Thoughtfulness



Parent Reminder

Caring does not always mean fixing. Sometimes support means asking what would help and respecting the answer.



Adult Bridge

Adults need to recognize distress, respond sensitively, and understand that different people may need different kinds of support.



Real-Life Experience Card

Category: **Responsibility & Independence**

Experience Type: **At Home * Family * Low-Cost**

6 Be in Charge of Breakfast

Give your child responsibility for one breakfast for the family. Make sure it's age-appropriate.

CONNECT



Talk about the meal together and why their contribution matters to the family.

EXTEND



Ask: "What do we need?" "What has to happen first?" "What's your plan?" Let your child make choices, prepare what they safely can, and follow the task through to completion.

REFLECT



Ask: "What went well?" "What was harder than you expected?" "How do you feel about how you handled it?"



Life Skills

Responsibility •
Planning • Self-
Management •
Independence



Parent Reminder

Resist the urge to take over. Support where needed, but keep your child in charge of the parts they can handle.



Adult Bridge

Taking responsibility for a real outcome builds reliability, practical competence, independence, and confidence that carry into adulthood.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Responsibility & Independence**

Experience Type: **At Home • Errand • Low-Cost**

7 Make the List, Check the List

Let your child create and manage the list for a real shopping trip or household task.

CONNECT



Talk about what you need and why having a plan makes the task easier.

EXTEND



Ask: "What should go on the list?" "How could we organize it?" "How will we make sure nothing gets missed?" Let your child write, sort, carry, and check off the list.

REFLECT



Ask: "How did the list help?" "What did we forget, if anything?" "What would you change about the system next time?"



Life Skills

Organization •
Planning • Attention
• Responsibility



Parent Reminder

Let the child's system be workable rather than perfect. A messy list they actually use teaches more than one you rewrite for them.



Adult Bridge

Capable adults use lists, calendars, reminders, and routines to manage responsibilities instead of expecting memory to do all the work.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Responsibility & Independence**

Experience Type: **At Home • Family • No-Cost**

8 Pack For the Outing

Let your child take responsibility for packing what they need for a familiar outing.

CONNECT



Talk about where you're going, what you'll be doing, and what your child may need to be comfortable and prepared.

EXTEND



Ask: "What will you need?" "What could you forget?" "How will you check that you have everything?" Let your child make a list, gather the items, and pack their own bag.

REFLECT



Ask: "What did you remember on your own?" "Was there anything you almost forgot?" "What would make packing easier next time?"



Life Skills

- Planning •
- Responsibility •
- Foresight •
- Independence



Parent Reminder

- Choose an outing where forgetting a nonessential item will not create a safety issue or derail the day.



Adult Bridge

- Planning ahead and preparing what you need supports independence in school, work, travel, appointments, and everyday adult life.



Real-Life Experience Card

Category: **Responsibility & Independence**

Experience Type: **At Home • Family • No-Cost**

9 Take Over One Real Family Job

Give your child ownership of one recurring, age-appropriate family responsibility for a set period of time.

CONNECT



Choose the job together and explain how it contributes to the household.

EXTEND



Ask: "What needs to happen?" "When will you do it?" "How will you remember?" Let your child create a simple system and take responsibility for following through.

REFLECT



Ask: "What helped you remember?" "What was harder than you expected?" "How did it feel knowing the family was counting on you?"



Life Skills

- Reliability •
- Responsibility •
- Contribution • Self-Management



Parent Reminder

- Give reminders at first if needed, but gradually transfer ownership of the system to your child.



Adult Bridge

- Families, teams, and workplaces depend on people who can manage recurring responsibilities without needing someone else to supervise every step.



Real-Life Experience Card

Category: **Responsibility & Independence**

Experience Type: **At Home • Family • Quick • No-Cost**

10 Get Tomorrow Ready Tonight

Give your child responsibility for preparing what they will need for the next day.

CONNECT



Talk about what tomorrow includes and what they will need to be ready.

EXTEND



Ask: “What needs to be ready before morning?” “What can you do now so you don’t have to rush later?” Let your child gather clothes, backpack, gear, paperwork, lunch items, or whatever applies.

REFLECT



Ask: “What did getting ready ahead of time make easier?” “What did you remember on your own?” “What system would help you do this again?”



Life Skills

Planning •
Responsibility •
Independence • Self-
Management



Parent Reminder

Let the preparation
belong to your child.
Support the system
without taking it
back over.



Adult Bridge

Preparing ahead reduces
last-minute stress and
builds the planning
habits adults use for
work, appointments,
travel, school, and family
responsibilities.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Confidence & Communication**

Experience Type: **Errand • Social • Community**

11 Explain the Problem Yourself

Let your child explain a simple, real problem to an appropriate adult instead of automatically speaking for them.

CONNECT



Choose a manageable situation, such as a missing item in an order, a question about a class, or something that needs assistance. Help your child identify what happened.

EXTEND



Ask: "How could you explain the problem?" "What help do you need?" "What could you ask if they don't understand?" Let your child explain the situation while you provide support if needed.

REFLECT



Ask: "What helped you explain what happened?" "How did the other person respond?" "What did you learn about asking for what you need?"



Life Skills

- Self-Advocacy •
- Communication •
- Confidence •
- Problem-Solving



Parent Reminder

Choose a low-stakes situation. Step in when safety, fairness, or the child's developmental needs require adult support.



Adult Bridge

Explaining problems clearly and requesting appropriate help supports independence in school, healthcare, workplaces, customer-service situations, and everyday adult life.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Confidence & Communication**

Experience Type: **Errand • Social • Quick • No-Cost**

12 Ask the Store Employee for Help

Give your child an opportunity to ask a store employee where to find something or get simple information.

CONNECT



Beforehand, talk about what they need to ask and reassure them that you will stay nearby.

EXTEND



Ask: "What could you say?" "Who looks like the right person to ask?" "How can I support you?" Let your child approach, ask the question, and listen to the answer.

REFLECT



Ask: "How did that feel?" "What was hard?" "What did you notice about yourself?" "What would you try again next time?"



Life Skills

- Confidence •
- Communication •
- Initiative •
- Help-Seeking



Parent Reminder

- Do not jump in the moment your child hesitates. Give them enough time to try before offering support.



Adult Bridge

- Asking for help appropriately supports self-advocacy, independence, workplace communication, and confidence in unfamiliar situations.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Confidence & Communication**

Experience Type: **Social • Community • Quick • No-Cost**

13 Introduce Yourself First

Create an opportunity for your child to introduce themselves to someone new in an appropriate, supervised setting.

CONNECT



Talk about an upcoming activity, gathering, or event where your child may meet someone new. Practice a simple introduction together.

EXTEND



Ask: "What could you say after your name?" "What could you ask them?"
Let your child introduce themselves and try one follow-up question while you remain available.

REFLECT



Ask: "How did you feel before you introduced yourself?" "What helped you begin?" "What did you notice about the other person's response?"



Life Skills

- Social Confidence •
- Communication •
- Initiative •
- Curiosity



Parent Reminder

- Respect your child's pace. A greeting or one question is meaningful practice; they do not need to become instantly outgoing.



Adult Bridge

- Initiating respectful conversations helps adults form friendships, enter unfamiliar groups, build professional relationships, and participate in their communities.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Confidence & Communication**

Experience Type: **Social • Errand • Quick • Low-Cost**

14 Order Your Own Meal

Let your child order their own food or drink in an age-appropriate public setting.

CONNECT



Look at the choices together and help your child decide what they want before it is their turn.

EXTEND



Ask: "What will you say?" "Is there anything you need to ask?" Let your child place the order themselves while you stay available if they need help.

REFLECT



Ask: "How did it feel to order for yourself?" "Was anything easier than you expected?" "What might you do differently next time?"



Life Skills

Communication •
Confidence • Decision-Making •
Independence



Parent Reminder

Keep the stakes low.
The goal is practice speaking for themselves, not performing perfectly.



Adult Bridge

Speaking clearly, making choices, and handling simple public interactions builds the confidence adults use in restaurants, appointments, stores, travel, and work.



Real-Life Experience Card

Category: **Confidence & Communication**

Experience Type: **At Home • Social • Quick • No-Cost**

15 Make the Phone Call

Let your child make a simple phone call to a familiar person or business to ask a question or get information.

CONNECT



Choose a low-pressure call together. Help your child decide what they want to ask and practice an opening sentence.

EXTEND



Ask: "How will you introduce yourself?" "What information do you need?" "What could you say if you don't understand?" Let your child make the call while you stay nearby.

REFLECT



Ask: "What felt hardest before you called?" "What happened once you started talking?" "What did you learn about what you can do?"



Life Skills

- Communication •
- Confidence •
- Self-Advocacy •
- Initiative



Parent Reminder

- Start with a familiar person if needed. A child who is anxious about calling can practice one small part before managing the whole conversation.



Adult Bridge

- Making phone calls builds the communication and self-advocacy skills adults use to schedule appointments, request information, resolve problems, and manage responsibilities independently.



Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Problem-Solving & Adaptability**

Experience Type: **At Home * Family * No-Cost**

16 Plan Dinner With What We Have

Present a real-life dinner challenge with ingredients you already have at home and solve it together.

CONNECT



Introduce the challenge as a team. "Let's figure this out together."

EXTEND



Ask: "What are our options?" "What might happen?" "What's the best idea and why?" Let your child help choose and try a solution.

REFLECT



Ask: "What worked?" "What didn't?" "What would we try next time?"



Life Skills

- Problem-Solving
- Critical Thinking
- Perseverance



Parent Reminder

- Guide the process, not the solution.
- Curiosity unlocks creativity.



Adult Bridge

- Problem-solvers become adaptable, resourceful adults who can handle real-world challenges.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Problem-Solving & Adaptability**

Experience Type: **At Home • Family • Quick • No-Cost**

17 Figure Out How to Carry It

Give your child several safe items to move from one place to another without making multiple trips.

CONNECT



Set up the challenge together.
Choose items of different shapes and sizes that your child can safely lift.

EXTEND



Ask: "How could you carry everything at once?" "What could help?" "What might happen if we try that?" Let your child experiment with arranging, balancing, or using available materials.

REFLECT



Ask: "Which idea worked?" "What did you change?" "What did you learn about solving a problem in a different way?"



Life Skills

Problem-Solving •
Creativity • Planning
• Resourcefulness



Parent Reminder

Keep the items light and safe. Let your child experiment rather than immediately showing them the easiest solution.



Adult Bridge

Solving practical problems with available resources helps adults plan, improvise, and find workable solutions when the obvious approach isn't available.



Real-Life Experience Card

Category: **Problem-Solving & Adaptability**

Experience Type: **At Home • Family • Low-Cost**

18 Fix It Before We Replace It

Choose a simple broken or malfunctioning item and investigate whether it can be safely repaired before replacing it.

CONNECT



Examine the item together. Talk about what it is supposed to do and what is no longer working.

EXTEND



Ask: "What do you think happened?" "What could we try?" "What information or tools might help?" Let your child investigate and try an age-appropriate solution with your supervision.

REFLECT



Ask: "What did we discover?" "Which idea helped?" "What would you try differently next time?"



Life Skills

- Resourcefulness •
- Problem-Solving •
- Persistence •
- Critical Thinking



Parent Reminder

- Choose a safe, simple repair. Leave electrical, sharp, hazardous, or otherwise unsafe repairs to qualified adults.



Adult Bridge

- Investigating problems before replacing or abandoning something builds practical judgment, resourcefulness, and the ability to approach unfamiliar problems systematically.



Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Problem-Solving & Adaptability**

Experience Type: **Errand • Family • Low-Cost**

19 The \$10 Challenge

Give your child a \$10 budget to plan and purchase something useful, such as ingredients for a family snack or supplies for a simple activity.

CONNECT



Choose the goal together and explain the available budget. Make sure your child understands what the money needs to cover.

EXTEND



Ask: "What do we need most?" "How can we compare our options?" "What could we change if it costs too much?" Let your child make choices and adjust the plan to stay within the budget.

REFLECT



Ask: "What did you have to choose between?" "What helped you decide?" "How did you make the budget work?"



Life Skills

- Budgeting •
- Decision-Making •
- Resourcefulness •
- Flexibility



Parent Reminder

- Include sales tax in the budget when applicable.
- Let your child make reasonable choices rather than steering them toward your preferred purchase.



Adult Bridge

- Managing limited resources helps adults distinguish needs from preferences, compare options, make tradeoffs, and adjust spending when money is limited.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Problem-Solving & Adaptability**

Experience Type: **At Home • Family • Quick • No-Cost**

20 The Plan B Challenge

Give your child a simple challenge, then make one obvious solution unavailable so they can practice finding another way.

CONNECT



Introduce the challenge as a game: "Let's see how many ways we can solve this." Choose something simple, such as building a bridge with blocks or wrapping a small gift.

EXTEND



Once your child has a plan, introduce a new rule or remove one available material. Ask: "What could we try now?" "What do we still have?" Let your child develop and test another solution.

REFLECT



Ask: "What did you do when your first plan wouldn't work?" "What helped you come up with another idea?" "What did you notice about yourself when you had to change direction?"



Life Skills

Flexibility • Problem-Solving • Critical Thinking • Adaptability



Parent Reminder

Keep the disruption playful and low-stakes. The goal is practicing flexibility, not deliberately overwhelming your child.



Adult Bridge

Plans change in work, relationships, travel, and everyday life. Practicing alternative solutions helps adults reassess, adapt, and keep moving when their original plan isn't possible.



Real-Life Experience Card

Category: **Self-Management & Perseverance**

Experience Type: **At Home • Family • Weekend • Low-Cost**

21 Finish Something That Takes More Than One Day

Help your child choose a small project that requires work over several days, such as building a model, growing a plant, or creating something.

CONNECT



Choose a project your child is interested in. Talk about what they want to make or accomplish and why it matters to them.

EXTEND



Ask: "What needs to happen first?" "What can we do today?" "How will we know what comes next?" Help your child divide the project into manageable steps and return to it over several days.

REFLECT



Ask: "What helped you keep going?" "How did it feel to finish something that took time?" "What did you learn about yourself?"



Life Skills

- Perseverance •
- Planning • Follow-Through • Delayed Gratification



Parent Reminder

- Keep the project manageable. The goal is experiencing progress over time, not completing an elaborate project perfectly.



Adult Bridge

- Completing multi-step projects builds the persistence and planning adults need for education, work, personal goals, and responsibilities that cannot be finished in one sitting.



Real-Life Experience Card

Category: **Self-Management & Perseverance**

Experience Type: **At Home • Family • Quick • No-Cost**

22 Try It Different Ways

Choose a manageable challenge and encourage your child to explore different approaches before asking you to solve it.



CONNECT

Choose a low-stakes challenge together, such as building a tower, completing a puzzle, or figuring out how something fits together.



EXTEND

Ask: "What's one way you could try?" "What else might work?" "What could you change?" Encourage your child to experiment with different approaches while you offer support when needed.



REFLECT

Ask: "Which idea worked best?" "What did you do when something didn't work?" "What did you learn about your ability to keep trying?"



Life Skills

- Perseverance •
- Frustration
- Tolerance • Flexible
- Thinking • Problem-
- Solving



Parent Reminder

Trying another approach is an invitation, not a requirement. Offer help when needed, and recognize when the challenge is no longer productive.



Adult Bridge

Trying different approaches helps adults respond to setbacks, adjust strategies, and work through challenges without abandoning a goal at the first difficulty.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Self-Management & Perseverance**

Experience Type: **At Home • Family • Quick • No-Cost**

23 Practice the Part That's Hard

Help your child choose one small part of a skill they want to improve and practice it for a few minutes.

CONNECT



Choose something your child wants to get better at, such as catching a ball, playing an instrument, tying shoes, or drawing a particular shape.

EXTEND



Ask: "Which part is hardest?" "What could help you practice that part?"
Let your child try a few short rounds, adjust their approach, and notice what changes.

REFLECT



Ask: "What became easier?"
"What did you change?" "How did practicing one small part help you improve?"



Life Skills

Deliberate Practice •
Perseverance • Self-Awareness •
Patience



Parent Reminder

Keep practice brief and encouraging.
Improvement matters more than getting it right immediately.



Adult Bridge

Breaking a difficult skill into manageable parts helps adults learn new abilities, improve their performance, and approach challenges without becoming overwhelmed.



Real-Life Experience Card

Category: **Self-Management & Perseverance**

Experience Type: **At Home • Family • Low-Cost**

24 Wait for Something Worth Waiting For

Plan something your child will enjoy that requires a manageable wait, such as baking a treat, growing a plant, or saving toward a small purchase.

CONNECT



Choose something your child genuinely wants to do or have. Talk about what makes it worth waiting for.

EXTEND



Ask: "What can we do while we wait?" "How could we keep track of our progress?" Let your child help create a simple plan and practice waiting without repeatedly moving the reward closer.

REFLECT



Ask: "What helped you wait?" "Was any part harder than you expected?" "How did it feel when the time finally came?"



Life Skills

- Patience • Delayed Gratification • Self-Control • Planning



Parent Reminder

- Keep the waiting period age-appropriate. Waiting should be manageable practice, not an unnecessary test of endurance.



Adult Bridge

- Managing the wait between effort and reward supports saving, planning, completing long-term goals, and making thoughtful decisions rather than always choosing immediate gratification.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Self-Management & Perseverance**

Experience Type: **At Home • Family • No-Cost**

25 Set a Small Goal and Track It

Help your child choose a small, achievable goal and create a simple way to track their progress over several days.

CONNECT



Talk about something your child wants to accomplish, such as reading a book, learning a new skill, or completing a personal project.

EXTEND



Ask: "What is one small step you could take each day?" "How will you remember?" "How could you track your progress?" Let your child create a chart, checklist, or other simple system and use it.

REFLECT



Ask: "What helped you stay consistent?" "What did you do when you missed a day?" "What did you learn about reaching a goal?"



Life Skills

Goal-Setting • Consistency • Self-Management • Responsibility



Parent Reminder

Progress doesn't have to be perfect. Help your child adjust the goal or system when needed rather than treating a missed day as failure.



Adult Bridge

Setting realistic goals, tracking progress, and adjusting plans are skills adults use to manage work, finances, learning, health, and personal responsibilities.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Generosity, Contribution & Character**

Experience Type: **At Home * Social * Low-Cost**

26 Plan a Surprise

Let your child plan a surprise, treat, or activity for someone they love.

CONNECT



Talk about the person and something they enjoy doing.

EXTEND



Ask: "What do they like?" "What would make them happy?" "What would be meaningful?" Let your child help plan, prepare, or create something special.

REFLECT



Ask: "How do you think they felt?" "How did it feel to plan that for them?" "What did you learn about being thoughtful?"



Life Skills

Perspective-Taking •
Empathy •
Generosity



Parent Reminder

Encourage their
ideas. Let it be their
choice.



Adult Bridge

Thinking of others builds
empathy and helps
children develop the
thoughtfulness that
strengthens
relationships throughout
their lives.



Real-Life Experience Card

Category: **Generosity, Contribution & Character**

Experience Type: **Community • Errand • Social • Low-Cost**

27 Choose a Gift for a Child You Don't Know

Choose a gift for a child your family doesn't know through a holiday giving tree, donation program, or community gift drive.

CONNECT



Choose a gift request together. If possible, let your child select someone close to their own age.

EXTEND



Ask: "What do you think this child would enjoy?" "What would make this gift special to them?" Let your child help choose, purchase, and prepare the gift.

REFLECT



Ask: "What helped you decide what to give?" "What do you imagine it might be like for them to receive it?" "How did choosing something for someone else make you feel?"



Life Skills

- Generosity •
- Perspective-Taking •
- Thoughtful Decision-Making •
- Contribution



Parent Reminder

- Let your child make meaningful choices within the budget. The goal is thoughtful giving, not choosing the gift you would have picked.



Adult Bridge

- Giving thoughtfully helps children practice considering others' needs and preferences, a skill adults use in relationships, families, communities, and acts of service.



Real-Life Experience Card

Category: **Generosity, Contribution & Character**

Experience Type: **At Home • Family • Quick • No-Cost**

28 The Secret Helper Mission

Invite your child to notice something helpful they can do for someone in the family without being asked or expecting recognition.

CONNECT



Introduce the idea as a secret mission: "Let's see if we can make someone's day a little easier without announcing it."

EXTEND



Ask: "What does someone in our family do every day?" "What could we do to help?" Let your child choose and complete an age-appropriate act of helpfulness.

REFLECT



Ask: "What did you notice that needed doing?" "How did you decide what would help?" "How did it feel to do something helpful without being asked?"



Life Skills

- Initiative •
- Contribution •
- Awareness •
- Thoughtfulness



Parent Reminder

Keep the mission playful and voluntary. Children should not become responsible for managing an adult's workload or emotional well-being.



Adult Bridge

Noticing what needs attention and taking appropriate initiative supports teamwork, dependable relationships, workplace contribution, and community involvement.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Generosity, Contribution & Character**

Experience Type: **At Home • Community • Low-Cost**

29 Give Something Good Away

Invite your child to choose a toy, book, or other item in good condition that another child or family could genuinely enjoy.

CONNECT



Look through suitable belongings together. Talk about items your child has enjoyed and whether they have something they would like to share.

EXTEND



Ask: "What might another child enjoy?" "Is this something you would be happy to receive?" Let your child choose an item, prepare it, and help deliver it to an appropriate donation program.

REFLECT



Ask: "Why did you choose that item?" "How do you imagine someone else might use it?" "How did it feel to share something that mattered to you?"



Life Skills

Generosity •
Perspective-Taking •
Decision-Making •
Contribution



Parent Reminder

Respect your child's ownership. Giving should be voluntary, not a requirement to surrender something they want to keep.



Adult Bridge

Choosing to share something of value helps children practice generosity, thoughtful decision-making, and contributing to others without expecting something in return.





Effortless Empathy

Create The Moment

Real-Life Experience Card

Category: **Generosity, Contribution & Character**

Experience Type: **At Home • Community • Family • Low-Cost.**

30 Improve One Shared Space

Choose one shared space and let your child help decide how to improve it for the people who use it.

CONNECT



Choose a space your child knows or cares about, such as a family room, playground, garden, classroom, or neighborhood park.

EXTEND



Ask: "Who else uses this space?" "What would make it better for them?" "What's one improvement we could make?" Let your child help choose and carry out an appropriate project.

REFLECT



Ask: "What changed because of what we did?" "Who might benefit from it?" "What did you notice about your ability to make a difference?"



Life Skills

- Contribution •
- Initiative •
- Community
- Awareness •
- Problem-Solving



Parent Reminder

- Give your child meaningful input. The goal is to contribute to a shared space, not assign cleanup work disguised as a lesson.



Adult Bridge

- Adults improve homes, workplaces, neighborhoods, and communities by noticing what could be better and taking responsible action instead of assuming someone else will handle it.

