



# The Starfish Story

by Loren Eisley

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?"

The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." "Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said...  
"I made a difference for that one."



# YOUR generosity CAN make a difference.

Brainstorm some ideas below, using the prompts provided!



## Generosity towards myself...

**Prompts:** Think about ways you can practice self-compassion and self-care. How can you be generous towards yourself?

What I CAN DO:

## Generosity towards my family...

**Prompts:** Think about ways you can be generous towards your family. It might mean giving of your time or talents. It might mean being extra patient or helpful. How can you be generous towards your family?

What I CAN DO:

## Generosity towards my neighbourhood/ school/ community...

**Prompts:** Think about ways you can be generous towards your neighbourhood or community. How can you spread kindness and joy? Who might need some extra generosity shown to them?

What I CAN DO:

## Generosity towards my city/province/ country...

**Prompts:** Think about ways you can be generous. How can you spread kindness and joy? What are some ways you can make a difference? Who do you feel might need some generosity shown to them?

What I CAN DO:

