



Middle School

National FFA Organization

Lesson MS.61

EVERYDAY ACTS OF SERVICE TO OTHERS

Unit. Stage Four of Development—SERVE

Problem Area. How Do I Help Others.

Precepts. D6: Value service to others.

National Standards. NPH-H.9-12.1 — Analyze how family, peers, and community influence the health of individuals.



Student Learning Objectives. As a result of this lesson, the student will ...

- 1 Focus on helping others.
- 2 Understand that simple service is up to him or her.



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Time. Instruction time for this lesson: 50 minutes.



Tools, Equipment, and Supplies

- ✓ Notebook paper
- ✓ Markers, crayons, colored pens, paint, or other colorful writing utensils
- ✓ Half sheets of poster board, colored paper, or unlined paper
- ✓ Small cardboard box
- ✓ Yellow food coloring
- ✓ Blue food coloring
- ✓ Blindfolds
- ✓ MS.61.AS.A—one per student
- ✓ MS.61.AS.B—one per student
- ✓ MS.61.TM.A
- ✓ MS.61.TM.B
- ✓ MS.61.Assess—one per student



Interest Approach

This can be a fairly heavy topic for middle school students, so getting them actively involved and excited about learning early in the lesson is important.

Break students into small groups of three to five depending on the class size. Use smaller groups for fewer students or larger groups for a greater number of students. Give each group three minutes to brainstorm and develop how they will act out the greatest event or thing ever created by humans that had a positive impact on society. After the time limit, choose groups to present their ideas to the class and have the rest of the students guess what event or thing the group presenting is acting out.

Upon completion of the activity, help the students understand that these events did not HAVE to happen; someone or a group of people put them in motion. Also, acts of service come in all shapes and sizes and may be different for everyone.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

Objective 1. Focus on helping others.

Inform students that this lesson teaches the need to really focus on service and helping others. In a society that focuses on “me” or “I,” we must now turn that energy outward toward others.



Share the following notes, on transparency MS.61.TM.A, with the students.

I. Focus on helping others.

A. Turn focus away from self.

1. Goes against the natural flow of human nature.
2. Society generally has a self-focus.
3. Difference-makers are different.

B. Go the extra mile for others.

1. Never expect recognition for doing extra acts of service.
2. Continue to help others every day.

C. Eliminate the “What’s in it for me” attitude.

1. Give up the feeling of “I have to,” and adopt the feeling of “I want to.”
2. Are you serving for the perks and benefits, or are you serving simply for the desire to serve.



“If you want to lead on the highest level, be willing to serve on the lowest.”—John C. Maxwell

On a writing surface, record the following question and ask students to journal in a notebook:



How will you turn your focus on helping others.

While the students are writing, prepare for the support activity.

Activity: Opposite Focus

Ask eight to ten volunteers to come to the front of the room for an activity. Each student will need a writing surface and writing tool. The number of volunteers may vary, depending on the classroom setting and space available. Feel free to have more or subtract a few.

Each participant will have to write the phrase “Focus on Service” on their writing space, using the opposite hand they would normally use to write with. Inform the students that this event will be timed and that neatness counts. You may want to refrain from revealing the phrase “Focus on Service” until after all the instructions are given to prevent students from starting early.

Instructions to the students:



Get your pen/pencil and sheet of paper in front of you and ready to use. Only after I say “scribble,” may you begin to write. Place your writing tool in the opposite hand that you would normally use for writing. Write the phrase I show you, using that opposite hand. This event will be timed. Are there any questions. The phrase is “Focus on Service.” Scribble!

Time this event to see which ones were able to complete the task in a quick and neat manner. If several students finish at the same time with about the same neatness, have another “play off” round. You can even have the students close their eyes the second time for an extra challenge.

Congratulate them on a job well done!





Just as writing with the opposite hand is difficult and requires much concentration, so it is with always putting others before you and committing everyday acts of service. We need to really focus on the “opposite” of the norm. As practicing writing with our opposite hand would improve its quality over time, the same holds true for focusing on service to others. The more you apply it to life, the more natural it becomes.

Objective 2. Understand that simple service is up to him or her.

Transition into the next objective by showing MS.61.TM.B and having the students also record it in their notes.



“The true leader serves. Serves people. Serves their best interests, and in so doing will not always be popular, may not always impress. But because true leaders are motivated by loving concern rather than a desire for personal glory, they are willing to pay the price.”—Eugene B. Habecker, author

After recording the quotation, have students think about and write a response to the following question:



How does Mr. Habecker help you understand how to become a true servant.

Explain that this section of the lesson will now go a step further to demonstrate that one does not have to be a famous leader to conduct everyday acts of service; it all starts with the individual.

For the students to obtain the following notes, have each student find a partner and blindfold one of them. Have one designated spot located in the room, and place a small cardboard box in that location with small sections of notes for the next section. The object of this Go Get It Moment is for the students to help one another get a piece of paper with today’s notes out of the box and back to their seat without hitting anything or anyone.



Select a partner for the next activity, and decide which one of you will wear the blindfold. When I say, “Go get it,” the person not blindfolded will lead the other to the box, remove one slip of paper from the box, and return to your seats after completing the task. The blindfold can then be removed. The blindfolded person is not allowed to hit anything in the room or interfere with someone else getting a slip of paper. The person not wearing the blindfold will read his or her piece of today’s notes to the class. Are there any questions. Go get it!

Praise students for their efforts and willingness to participate!

Here are the notes in order. Simply print them off of worksheet MS.61.AS.A and cut up the slips of paper. Make copies of worksheet MS.61.AS.B and hand them out to the students. Go through the worksheet and have each student read his or her section of the notes to the class while they and the others fill in the blanks. Depending on the number of pairs you will have, you can leave some attached to reduce the number of slips of paper.



I. Simple service is up to you.

A. When we give, we receive.

1. It's not just the act of giving of one's time, resources, or generosity.
2. Helping others always comes back to you by developing your character.
3. Others will begin to respect and trust you as an individual.
4. A network of people we serve begins to grow as we continue to serve.

B. The impact of our service will outlive us.

1. Leading by example is one of the strongest ways to change others.
2. Even though you may no longer be around, your kindness lives through the hearts of others.
3. Great servants are not remembered for what they had, where they lived, or what they owned.
 - a. It was their character.
 - b. It was their attitude.
 - c. It was their focus on others.
 - d. It was their life of everyday service to others

II. Simple service is effective.

A. You do not have to change the world to serve.

1. True service begins right in your own personal circle of life.
 - a. Having a positive attitude toward others
 - b. Smiling at someone in the hall
 - c. Opening the door for someone
 - d. Helping a friend in need
 - e. Refraining from gossiping about others
 - f. Sitting at lunch with a person who always sits alone
 - g. Inviting a new person to an activity your current friends are undertaking
 - h. Being polite
 - i. Writing a letter of encouragement to someone in need
2. There are literally thousands of ways you can serve.
3. Start serving in your everyday life and then move outward.

Visual Demonstration—Magnitude of Color

For this demonstration, a clear soda bottle—or any other clear bottle less than one liter in volume—blue and yellow food coloring, and water will be needed. In the front of the room, have the closed soda bottle sitting out, filled almost to the top with water. Leave some room at the top for best results.

Explain to the students that the water in the bottle represents the environment in which they live their lives each day. It takes hundreds of drops of water to fill the bottle, just as there are hundreds of people we deal with on a daily basis. Often we underestimate the power of just ONE drop or the power of simple acts of service. It seems overwhelming, and it may even seem as if our efforts are useless. However, one drop can make a difference if it is different from the rest.



Take the bottle of yellow food coloring and explain the meaning of yellow.



Yellow is a color of creativity, persuasion, gaining confidence, concentration, and intellect. All these are necessary characteristics of a powerful servant.

Now place just ONE drop of yellow food coloring into the bottle, close the cap, and shake it once to turn the water a yellow color.



That is all it took, just one drop of something different to change hundreds of other drops!

After the yellow, take the bottle of blue food coloring and explain what the color blue means.



Blue is a color of wisdom, truth, harmony, guidance, healing, peace, patience, and happiness. These characteristics are also qualities of servant leaders.

In both color explanations, take a few seconds to go over each word and how it ties into being a servant and what the students just learned in the past two sections.

Now place just ONE drop of blue food coloring into the bottle, close the cap, and shake once to change the water to green!



That is all it took ... just one drop of blue food coloring to change the entire bottle to a completely new color!

After changing the water, explain the meaning of green.



Green is a color that counteracts greed and jealousy. It represents prosperity, rejuvenation, life, success, healing, and growth. These characteristics are all representative of what the power of service can do for other people. Once you mix the qualities of yellow and blue, the outcome is green with all of its qualities.

Tie this in to the students' lives by helping them understand the magnitude of simple service.



That is all it takes—just one person to start making a positive difference in the lives of many!



Review/Summary

Have students answer the following question in their notebooks: "What have I learned about everyday acts of service that I never realized before." Give them two minutes to respond. You may ask a few volunteers to share some answers with the group. Reward students for their attention and willingness to learn this lesson!



Application

►Extended Classroom Activity:

Inform the students that the application of everyday acts of service was emphasized throughout the lesson and it is up to them to take action and start today. Ask the following question:



 What are some ways to incorporate everyday acts of service into your lives.

Simply have them call back those answers to help them make the application between what they learned and how to apply it.

► FFA Activity:

Have students answer the following question: How can I incorporate everyday acts of service into FFA activities.

► SAE Activity:

How can I incorporate everyday acts of service into SAE activities. In these responses, the students should identify ways and explanations of how they will incorporate acts of service into those following areas. Maybe it is using an SAE to help other people, or maybe it is helping a fellow FFA member to feel welcome.

✓ Evaluation

The attached exam is an evaluation of this lesson. The homework assignment can also be used as a scoring option.

Answers to Assessment:

Multiple-choice

1. B
2. A
3. A
4. C
5. D
6. C

True/False

7. True
8. True
9. False
10. True
11. True
12. False
13. True

Short Answer Essay:

Answers will vary.



EVERYDAY ACTS OF SERVICE TO OTHERS

►PART ONE:

Directions: Please choose the **BEST** possible answer to the following questions.

1. The most basic concept of service is
 - a. Feeling like you are willing and able to serve through other people
 - b. Turning our focus away from self
 - c. Making a difference on a large scale
 - d. Serving whenever the opportunity comes your way
2. Society generally has a focus on
 - a. Self
 - b. Others
 - c. Children
 - d. Family
3. A servant leader must not possess the feeling of “I have to,” but rather
 - a. “I want to”
 - b. “I should”
 - c. “I can”
 - d. “I can’t”
4. The more you attempt to help others, the more
 - a. Healthful you will become
 - b. Others will want to disagree with you
 - c. Natural it becomes
 - d. Others will want to help you
5. Leading by example is
 - a. Extremely powerful
 - b. The best example to set for others
 - c. Something we can all control
 - d. All of the above
6. One way to serve others on a basic level would be
 - a. Helping out and expecting something in return
 - b. Working extra hours for additional pay
 - c. Being polite
 - d. Studying harder for a test



Directions: Please choose TRUE if the following statement is true and FALSE if the statement is false. Circle the correct answer.

7. TRUE FALSE Serving others goes against the general flow of human nature.
8. TRUE FALSE Never expect recognition for committing extra acts of service.
9. TRUE FALSE “If you want to lead on the highest level, be willing to serve on the highest.”
~John C. Maxwell
10. TRUE FALSE An everyday act of service can be as simple as opening the door for someone.
11. TRUE FALSE When we give, we receive.
12. TRUE FALSE Simple service is not effective service.
13. TRUE FALSE True service begins right in your own personal circle of life.

►PART TWO:

Short Answer Essay:

1. How can one simple act of service change the world in which I live.



FOCUS ON HELPING OTHERS.

- ◆ Turn focus away from self.
- ◆ Goes against the natural flow of human nature.
- ◆ Society generally has a self-focus.
- ◆ Difference-makers are different.
- ◆ Go the extra mile for others.
- ◆ Never expect recognition for doing extra acts of service.
- ◆ Continue to help others every day.
- ◆ Eliminate the “What’s in it for me” attitude.
- ◆ Give up the feeling of “I have to,” and adopt the feeling of “I want to.”
- ◆ Are you serving for the perks and benefits, or are you serving simply for the desire to serve.
- ◆ “If you want to lead on the highest level, be willing to serve on the lowest.” ~ John C. Maxwell



“The true leader serves. Serves people. Serves their best interests, and in so doing will not always be popular, may not always impress.

But because true leaders are motivated by loving concern rather than a desire for personal glory, they are willing to pay the price.”

—Eugene B. Habecker, author



MS.61.AS.A Name: _____

(Cut these out for the activity in Objective #2)

Simple service is up to you.

When we give, we receive.

It's not just the act of giving of one's time, resources, or generosity.

Helping others always comes back to you by developing your character.

Others will begin to respect and trust you as an individual.

A network of people we serve begins to grow as we continue to serve.

The impact of our service will outlive us.

Leading by example is one of the strongest ways to change others.

Even though you may no longer be around, your kindness lives through the
hearts of others.

Great servants are not remembered for what they had, where they lived, or
what they owned.

It was their character.

It was their attitude.

It was their focus on others.

It was their life of everyday service to others.

Simple service is effective.

You do not have to change the world to serve.

True service begins right in your own personal circle of life.

Having a positive attitude toward others

Smiling at someone in the hall

Opening the door for someone



Helping a friend in need

Refraining from gossiping about others

Sitting at lunch with a person who always sits alone

Inviting a new person to an activity your friends are undertaking.

Being polite

Writing a letter of encouragement to someone in need

There are literally thousands of ways you can serve.

Start serving in your everyday life and then move outward.



MS.61.AS.B Name: _____

Simple service is up to _____

When we give, we _____

It's _____ just the act of giving of one's time, resources, or generosity.

Helping others always comes back to you by developing your _____

Others will begin to respect and trust you as an _____

A network of people we serve begins to _____ as we begin to serve.

The impact of our _____ will outlive us

Leading by _____ is one of the strongest ways to change others.

Even though you may no longer be around, your _____ lives through the hearts of others.

Great servants are not remembered for what they had, where they lived, or what they owned.

It was their _____.

It was their _____.

It was their _____ on others.

It was their life of everyday _____ to others.

Simple service _____.

You do not have to change the world to _____.

True service begins right in your own _____ circle of life.

Having a positive _____ toward others

Smiling at _____ in the hall

_____ the door for someone

Helping a _____ in need

Refraining from _____ about others

Sitting at lunch with a person who _____

Inviting a new person to an _____ your friends are undertaking

Being _____

Writing a letter of _____ to someone in need

There are literally _____ of ways you can serve.

Start serving _____.

