

PINKIE PIE PARENT GUIDE



IN CELEBRATION OF INTERNATIONAL FRIENDSHIP DAY ON JULY 30TH, YOU CAN HELP YOUR CHILD MAKE THEIR MARK ON THE WORLD THROUGH FRIENDSHIP AND SERVICE.

International Friendship Day focuses on the power and importance of friendship—just like the characters do in **My Little Pony**. Did you know that each pony represents an Element of Harmony that helps a child be a good friend? Pinkie Pie represents laughter, Fluttershy represents kindness, Applejack represents honesty, Rainbow Dash represents loyalty, Rarity represents generosity and Twilight Sparkle represents the magic of friendship!

These elements are key to building strong, caring, empathetic young people who are able to give to their friends and their communities.

Research suggests that the seeds of empathy, caring, and compassion are present early in life, but that children need the help of adults to grow into caring, ethical people¹. Volunteer service is a practical, easy, and fun way for you to help your child practice caring, giving and friendship and to teach them why it's important to help others and how they can make

a difference. Volunteering will benefit your child as they grow-up. Young people who volunteer have shown "greater respect for others, leadership skills, and an understanding of citizenship that can carry over into adulthood."²

With help from Pinkie Pie, you can teach your child about the importance of laughter while demonstrating how to be a friend to those who don't have enough to eat.

Inside this guide there are 'ideas to chat about' to help your child understand more about why it's important to help the hungry. See the detailed steps to complete the project, plus supplemental reading that can help bring some of these difficult concepts to life.

After your child has completed their project, come back and tell us what they've done! By posting a photo and brief story, your child will receive a My Little Pony poster!

Visit generationOn.org/mlp to learn more and share your story.

¹ <http://sites.gse.harvard.edu/making-caring-common/parents/strategies-tips>

² <http://www.childtrends.org/?indicators=volunteering>



THE ISSUE OF HUNGER

The silliest pony around, Pinkie Pie is always eager to make her friends smile. Whether it's by baking, throwing a party or telling a joke, Pinkie Pie will do anything to make sure her friends are full of happiness (and food!). Some kids don't have enough food to eat. Like Pinkie Pie, your child and their friends can help brighten their day by collecting food to donate to families without enough to eat.

DID YOU KNOW?

About 805 million people of the 7.3 billion people in the world, or one in nine, were suffering from chronic undernourishment in 2012-2014. Almost all the hungry people, 791 million, live in developing countries³. Kids without enough to eat get sick more frequently than other kids and might have a hard time concentrating in school.

WHAT YOUR CHILD WILL LEARN

- How to help children who are hungry
- How to make "giving back" an everyday habit

WHO YOU'LL BE HELPING

- Families without enough food to eat

IDEAS TO CHAT ABOUT

Use these conversation starters to help children gain a better understanding of this issue.

- 1 What are some ways you could help kids who are hungry?

- 2 Why is it important to help feed kids without enough to eat?

- 3 What else can we do to help?

SUGGESTED READING:

Stone Soup by Jon J. Muth

Three strangers, hungry and tired, pass through a village. Embittered and suspicious, the people hide their food and close their windows tight. That is, until the clever strangers suggest making a soup from stones. Intrigued by the idea, everyone brings what they have until— together, they have made a feast fit for a king! In this inspiring story about the strength people possess when they work together.

Pinkie Pie and the Rockin' Ponypalooza Party! by G.M. Berrow

In this book, Pinkie Pie plans a Ponyville rock concert to support the family business, but Pinkie's family doesn't like the idea. They just want her to be serious, for once. This story teaches children about the importance of staying positive and to be there for your friends when times get tough.

³ <http://www.worldhunger.org/articles/Learn/world%20hunger%20facts%202002.htm>



PROJECT INSTRUCTIONS: COLLECT HEALTHY BREAKFAST ITEMS SO FAMILIES CAN START THEIR DAY WITH A HEALTHY MEAL!

WHAT YOU NEED:

- Clean grocery bags or shopping bags
- Stuff for making flyers: Markers, paper, tape or stapler
- A place where food can be collected

STEPS:

- Help your child decide how they will collect the food. Will they collect food at home, in your neighborhood, from friends or at school?
- Work with your child to decorate collection boxes; make flyers and posters. List the dates and location of the collection and information about the types of food they are collecting
- Download, print and have your child colour this flyer to help them spread the word!
- Tape or staple a flyer to each collection box. Have your child invite his/her friends and/or neighbors to drop food off at your house or help your child drop the boxes off at the collection points
- After the collection period has ended, help your child pick up the filled boxes and deliver the boxes to a local shelter or food pantry



CLEAN GROCERY BAGS OR SHOPPING BAGS



STUFF FOR MAKING FLYERS: MARKERS, PAPER, TAPE OR STAPLER



A PLACE WHERE FOOD CAN BE COLLECTED



generationOn

WHO IS GENERATIONON?

generationOn is the youth service division of Points of Light, igniting the power of kids and teens to make their mark on the world. generationOn inspires, equips and mobilizes hundreds of thousands of kids and teens annually to take action through service, service learning and youth leadership initiatives. It also provides tools and resources to kids, teens, families, youth practitioners and educators to help kids change the world and themselves through service. For more information, visit www.generationon.org