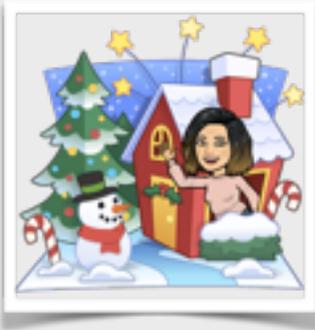


DCS SOCIAL WORK SPOTLIGHT

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DCS Social Workers



Sarah Samples, LSW

District Social Worker-
Mental Health Services

[Referral Form](#)



Anna Johnson, LSW

SPED Social Worker-
Behavior Services

[Referral Form](#)



Generosity

The University of Notre Dame’s Science of Generosity Project defines generosity as “the virtue of giving good things to others freely and abundantly.” When we think deeply about this definition, three parts stand out clearly. Generosity is giving “good things”, giving “freely”, and giving “abundantly.”

*We can deepen our experience of generosity by moving from acts of generosity to cultivating an **attitude of generosity**. When we embody an attitude of generosity, the good things we share expand out from deep within our hearts as an offering of freedom from fear—no one need fear that I will harm them, no one need fear that I will take from them what is not mine, no one need fear that I will cause harm with my words. **To show up in the world, especially when working with youth, as love and safety, is generous beyond measure.***

Mindfulness Practices to Cultivate

1. Act in Service
2. Smile
3. Practice Self-Love



Community Spotlight

DeSoto Grace partners with local resources and programs in order to maintain a consistent presence in the community through the DeSoto Grace Education and Activities Program.

The DeSoto Grace Education & Activities Program is designed to provide free educational assistance and a variety of activities to children whose families would not otherwise be able to enroll them in academic assistance programs or activity programs. The children are engaged in a consistent academic and activities program designed to help them build a solid foundation that will encourage them to work hard toward a bright future.

DeSoto Grace partners with local schools in order to align tutoring with what is being taught in the school and select specific target areas that are most important to help the students be successful.

The program is specifically for qualifying 3rd & 4th grade students attending DeSoto County Schools.

www.desotograce.org

The Benefits of Generosity

*Scientists are discovering generosity to be an ally to our health—from positive effects on mortality to physical and emotional wellness. On a relational level, generosity can be like connective tissue, connecting us with others through honest, loving engagement. **Our communities thrive when we give freely and abundantly.***

Children's Books with the theme of Generosity

The Giving Tree- Shel Silverstein

The Rainbow Fish- Marcus Pfister

The Giving Book- Eileen Saben

Should I Share my Ice Cream- Mo Willems

Under the Lemon Moon- Edith Hope Fine

Mama Paya's Pancakes- May and Rich Chamberlain

Those Shoes- Maribeth Boelts

(Please go check out the full article on the Mindful Schools website! [Generosity vs. Giving. What Does It Mean to Be Generous?](#) Written by Amy Love.)

