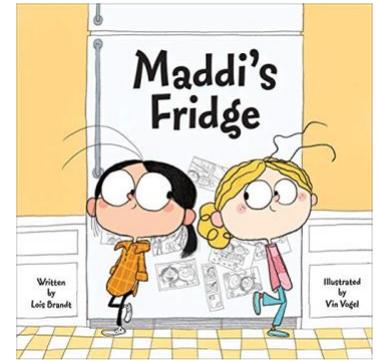


Maddi's Fridge

By Lois Brandt

In this book, Sofia discovers that her friend Maddi does not have food in her fridge. Sofia tries to help by bringing food for Maddi and her brother in her backpack, but eventually decides to tell her mom so she can help. Note: This book addresses food insecurity and may be better suited for students in K-3 settings.



Discussion and Questions:

- What was different about Maddi's and Sofia's fridges?
- What did Sofia do to try to help Maddi?
- What is something you have shared with a friend?
- What favorite food would you like to share with a friend?

Activities:

- **Sharing is Caring**
 - Encourage and model sharing throughout the day.
 - Create opportunities for children to pass things to others and take turns (i.e., games with balls, board games).
 - Provide descriptive praise when children share with a friend (i.e., "I like how Blaise shared the art supplies with Jax.") or create "Sharing is caring" cards or tickets that you can give to children when you notice them sharing and taking turns.
- **Collecting Donations**
 - Talk to the children about what it means to "donate." Find a community organization that accept donations and talk to the children about the organization's mission and goals (i.e., local food pantry, Humane Society).
 - Create a visual voting board like this [one](#) to select the organization for which the class will collect donations.
 - Send a note home asking families for donations. Specify the type of items being collected (i.e., clothes, canned goods, used toys, school supplies) and how long they will be collected.
 - Encourage children to talk about their experience finding items to donate.
 - If possible, take a class trip to drop off the donations or see if the children can take a virtual tour of the organization. Alternatively, a teacher may take a picture or video while dropping off the donations to show the children later.
 - This activity can be conducted by individual families who can ask a few neighbors to drop off donations that the family will deliver to the selected charitable organization. Food banks often weigh donations, thereby allowing children to set a goal to beat the next time they bring a donation.
- **Acts of Kindness**
 - When reading "Maddi's Fridge," point out that both girls help each other. Ask children to identify how each girl helps the other.
 - Encourage the children to think of and share ways they can and do help others.
 - Create an "Acts of Kindness" list with the children. If needed, provide a few examples such as "share my toys," "tie shoes for someone who doesn't know how to yet," or "help someone up if they fall."
 - Use magazines to find images that convey kindness. Help children make a collage by gluing the pictures on a large poster and then hanging it in the classroom next to their "Acts of Kindness" list.

- Snap pictures of children as you notice them demonstrating kindness to one another or encourage them to draw pictures of times they have witnessed their classmates being kind. Make a collage of the pictures and hang it up in the classroom in the “Acts of Kindness” area.
- Frequently point out and talk about the kind things happening in the classroom. Talk about Acts of Kindness that children can do at home or in their community.
- Ask children how it feels to do nice things for others and how it feels when people do nice things for them. Discuss these feelings at large group time; encourage children to give each other a high five for engaging in such acts of kindness.