



A Note to Teachers About High School Microlearning

The Project Heart High School Curriculum includes 90 microlearnings that involve a picture or a quote that can be printed out or projected on the wall / board. These questions are based on Bloom's Taxonomy to prompt higher-level thinking, discussions and/or writing assignments. These can be used as a warm-up, during transition times, or to close a class period with last thoughts. The research behind the concept of microlearning points to improved retention and application of regularly reviewed concepts. These microlearnings compliment the lesson topics, and allows students to be exposed to these concepts (philanthropy in general, passions, missions, 3 T's, project planning, etc.) throughout the course of a year or semester.

The questions provided with these quotes and images are intended to challenge students to connect the learning to themselves and connect the concepts to the world around them. If students are showing excitement / engagement and want to take action, there is a "Click here" link to the Impact Project Idea page where teachers and students can look through a list of ready-made project suggestions with graduated degrees of involvement and impact.

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High School Picture of the Day 1.1

"Even greater than the ability to inspire others with hope is the power to motivate them to give as much to the lives of others as they would give to their own; and to empower them to confront the worst in themselves in order to discover and claim the best in themselves." - Aberjhani

Discussion/Writing Prompts

1. What does this quote by Aberjhani mean to you, and how does it relate to philanthropy?
2. Reflecting on the quote, why is "confront[ing] the worst" an important step for someone to "discover and claim the best in themselves"?
3. List three ways that you could apply Aberjhani's message to daily philanthropic actions.

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"Everyone can be a philanthropist by giving your time, talent or treasure to make a difference in society."





High School Picture of the Day 1.2



*Photo taken to raise awareness of child trafficking.
Image by Bakary Seckan*

Discussion/Writing Prompts

1. Does this picture inspire you towards philanthropic efforts to help? Why or why not?
2. If you could draw or photograph a different image to get the same point across as in this image, show what you would draw.
3. How could your picture idea motivate others to practice philanthropy towards this cause?

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High School Quote of the Day 1.3

"I long to see a radical shift in philanthropy that will come to characterize the 21st century. That is, a reclaiming of the root meaning of philanthropy: love of what it means to be human." - Valaida Fullwood

Discussion/Writing Prompts

1. If you had to change this quote by Valaida Fullwood to align better with your understanding of philanthropy, what would you change?
2. What would be the result for our society if more people applied Fullwood's quote to their lives?
3. If you lived out the meaning of this quote every day, how would your life show your understanding of philanthropy?

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High School Picture of the Day 1.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture in relation to philanthropy? Rewrite this overall theme in your own words.
2. What is the relationship between this picture and your idea of philanthropy?
3. How do you think that people's motives for philanthropy change their daily behavior?

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High School Quote of the Day 1.5

“We can all make a difference in the lives of others in need, because it is the simplest of gestures that make the most significant of differences.” - Miya Yamanouchi

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Miya Yamanouchi that you would identify as the most important or powerful. Explain why you chose those words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to practice daily philanthropy?
3. What interview questions would you ask Yamanouchi about daily philanthropy?

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High School Picture of the Day 1.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported the nonprofit organization in this image?
2. How could you adapt your daily or weekly schedule to create space in your schedule for practicing philanthropy?
3. How would you design your own logo to encourage others to practice philanthropy for the charity represented in this picture?

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High School Quote of the Day 1.7

“You don't have to be a billionaire to believe you can make a difference. Give your resources to a charity and volunteer in your community.” - Germany Kent

Discussion/Writing Prompts

1. If you could create a meme using this quote by Germany Kent and a picture of you making a difference, sketch what it would look like.
2. If you could use the idea behind Kent's quote to solve any issue relating to young children by practicing philanthropy, what would it be? Why?
3. If you could maximize your philanthropic efforts for young children by getting all your followers on social media to help, what do you think the outcome would look like?

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High School Picture of the Day 1.8



Students collecting donations a local orphanage in need of basic supplies.

Discussion/Writing Prompts

1. How could you prove or disprove that the actions of the students in this image are philanthropic?
2. If you could give an award to someone who you have seen practicing philanthropy recently, what would the award be for and why would you choose this person?
3. If you joined the students pictured above in their philanthropic efforts, how would you evaluate your success?

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High School Quote of the Day 1.9

"I think it's important that we give back to society and our fellow man regardless of our professions. We all need help at times. And when we support each other, we're all a little stronger."

- Rhonda Hopkins

Discussion/Writing Prompts

1. Considering this quote by Rhonda Hopkins, would you rather choose to make a difference in one person's life or in a group of people's lives? Why?
2. What would be your criteria for evaluating the success of your philanthropic efforts?
3. What could be the greatest ripple effect of the value of your philanthropic efforts?

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TEACHER TIP: The next set of microlearnings will focus on the topic of "Evaluating Philanthropy," which is detailed in Lesson 2 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 2.1

“Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.” - Carl Sandburg

Discussion/Writing Prompts

1. What does this quote by Carl Sandburg mean to you, and how does it relate to philanthropy?
2. Reflecting on the quote, how can your decisions about how to spend your time, talents and treasures affect you and others?
3. List three people or organizations that you could help by giving your time, talents or treasures.

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“Everyone can be a philanthropist by giving your time, talent or treasure to make a difference in society.”





High School Picture of the Day 2.2



Discussion/Writing Prompts

1. What can you say about how this picture relates to donating your 3 T's (time, talents and treasure)?
2. If you could draw or photograph a different image to get the same point across as in this image, show what you would draw.
3. How could your picture idea motivate others to donate their 3 T's (time, talents and treasure)?

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High School Quote of the Day 2.3

“To achieve great things, two things are needed; a plan, and not quite enough time.” - Leonard Bernstein

Discussion/Writing Prompts

1. If you had to change this quote by Bernstein to align better with your understanding of donating your 3 T's (time, talents and treasure), what would you change?
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of Bernstein's quote every day, how would your life show your understanding of donating your 3 T's (time, talents and treasure)?

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High School Picture of the Day 2.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture, in your own words, related to donating your 3 T's (time, talents and treasures)?
2. What is the relationship between this picture and your idea of donating 3 T's (time, talents and treasures)?
3. How do you think that people's motives for donating 3 T's (time, talents and treasures) change their daily behavior?

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High School Quote of the Day 2.5

“One person can make a difference, and everyone should try.” - John F. Kennedy

Discussion/Writing Prompts

1. List 2-3 words in this quote by John F. Kennedy that you would identify as the most important or powerful. Explain why you chose these words.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to donate your 3 T's (time, talents and treasure)?
3. What interview questions would you ask Kennedy about donating 3 T's (time, talents and treasure)?

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High School Picture of the Day 2.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. How would you adapt your daily or weekly schedule to create space in your schedule for donating your 3 T's (time, talents and treasure)?
3. How would you design your own image to encourage others to donate their 3 T's (time, talents and treasure) to the charity represented in this picture?

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High School Quote of the Day 2.7

“As we work to create light for others, we naturally light our own way.” - Mary Anne Radmacher

Discussion/Writing Prompts

1. If you could create a meme using this quote by Mary Anne Radmacher and a picture of you making a difference, sketch what it would look like.
2. If you could use the idea behind Radmacher’s quote to solve any issue relating to young adults by donating your 3 T’s (time, talent and treasure), what would it be? Why?
3. If you could maximize your philanthropic efforts for young adults by getting all your followers on social media to donate their 3 T’s (time, talents and treasure), what do you think the outcome would look like?

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High School Picture of the Day 2.8



Discussion/Writing Prompts

1. How could you prove that the idea in this image is true or false?
2. If you could give an award to someone who you have seen donating his/her 3 T's (time, talents and treasure) recently, what would the award be for and why would you choose this person?
3. If you joined with ten people to donate your 3 T's (time, talents and treasure), how would you evaluate your success?

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High School Quote of the Day 2.9

“Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give.” - Steve Goodier

Discussion/Writing Prompts

1. Considering this quote by Steve Goodier, would you rather choose to donate your time, talents or treasures? Why?
2. What would be your criteria for evaluating the potential value of donating your 3 T's (time, talents and treasures)?
3. What could be the greatest ripple effect of donating your 3 T's (time, talents and treasure)?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Your 3T’s Improve Your Vision,” which is detailed in Lesson 3 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 3.1

“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.” - Mahatma Gandhi

Discussion/Writing Prompts

1. What does this quote by Mahatma Gandhi mean to you, and how does it relate to your personal passions and mission?
2. Reflecting on the quote by Gandhi, how can you help others by following your passions and mission?
3. List three people or organizations that align with your personal passions and mission.

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High School Picture of the Day 3.2



Discussion/Writing Prompts

1. What can you say about how this picture could relate to personal passions and mission?
2. If you could draw or photograph a different image to get the same point across as in this image, show what you would draw.
3. How could your picture idea motivate others to follow their passions and mission?

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High School Quote of the Day 3.3

"I believe each of us has a mission in life and that one cannot truly be living their most fulfilled life until they recognize this mission and dedicate their life to pursuing it." - Blake Mycoskie

Discussion/Writing Prompts

1. If you had to change this quote by Blake Mycoskie to align better with your understanding of personal passions and mission, what would you change?
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of Mycoskie's quote every day, how would your life show your understanding of personal passions and mission?

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High School Picture of the Day 3.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture in relation to following your passions and mission?
2. What is the relationship between this picture and your idea of personal passions and mission?
3. How do you think that people's motives for following their passions and mission change their daily behavior?

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High School Quote of the Day 3.5

“Outstanding people have one thing in common: An absolute sense of mission.” - Zig Ziglar

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Zig Ziglar that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to follow your passions and mission?
3. What interview questions would you ask Ziglar about following passions and mission?

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High School Picture of the Day 3.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. How would you adapt your daily or weekly schedule to create space in your time and heart for following your passions and mission?
3. How would you design your own image to encourage others to follow their passions and mission to the charity represented in this picture?

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High School Quote of the Day 3.7

“If the risk is fully aligned with your purpose and mission, then it's worth considering.” - Peter Diamandis

Discussion/Writing Prompts

1. If you could create a meme using this quote by Peter Diamandis and a picture of you making a difference, sketch what it would look like.
2. If you could use the idea behind Diamandis’ quote to solve any issue, what would it be? How could you convince your parent/guardian that by following your passions and mission there may be a certain level of risk?
3. If you could maximize your philanthropic efforts for parents by getting all your followers on social media to help, what do you think the outcome would look like?

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High School Picture of the Day 3.8



Discussion/Writing Prompts

1. Could you prove that the ideas in this image are true or false? How?
2. If you could give an award to someone who you have seen following his/her passions and mission recently, what would the award be for and why would you choose this person?
3. If you joined with ten people to follow similar passions and philanthropic mission, how would you evaluate your success?

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High School Quote of the Day 3.9

"I was just an animal lover. Everything that the Sam Simon Foundation does is supposed to help dogs and people - that's our mission." - Sam Simon

Discussion/Writing Prompts

1. Considering this quote by Sam Simon, would you rather choose to help animals or people? Why?
2. What would be your criteria for evaluating the impact of following your passions and mission?
3. What could be the greatest ripple effect of the value of following your passions and mission?

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TEACHER TIP: The next set of microlearnings will focus on the topic of "Philanthropy With Purpose," which is detailed in Lesson 4 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 4.1

“In necessary things, unity; in doubtful things, liberty; in all things, charity.” - Anne Baxter

Discussion/Writing Prompts

1. What does this quote by Anne Baxter mean to you, and how does it relate to helping locally, nationally or globally?
2. Reflecting on the quote, how can your decision about where to help (locally, nationally or globally) affect you and those around you?
3. How does Baxter’s quote relate to your perspective of the other people in your community and in the world?

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High School Picture of the Day 4.2



**The Leukemia &
Lymphoma Society**
Fighting Blood Cancers

Discussion/Writing Prompts

1. What can you say about how the nonprofit represented in this logo helps locally, nationally or globally?
2. If you could draw or photograph a different image to get the same point across as in this image, what would be the main features? Create a sketch of your image.
3. How could your image idea motivate others to help locally, nationally or globally?

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High School Quote of the Day 4.3

“Charity is injurious unless it helps the recipient to become independent of it.” - John D. Rockefeller

Discussion/Writing Prompts

1. If you had to change this quote by John D. Rockefeller to align better with your understanding of networking locally, nationally or globally, what would you change?
2. What would be the result for both individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of Rockefeller’s quote every day, how would your life show your understanding of how charity should work on a local, national or global level?

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High School Picture of the Day 4.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture in relation to helping locally, nationally or globally?
2. What is the best way to really help others after a natural disaster? Is that help better when it is local, national, or global? Explain your answer.
3. How do you think that people's motives change their daily behavior for helping locally, nationally, or globally?

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High School Quote of the Day 4.5

“The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.” - Henry Wadsworth Longfellow

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Henry Wadsworth Longfellow that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to help locally, nationally, or globally?
3. What interview questions would you ask Longfellow about helping locally, nationally or globally?

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High School Picture of the Day 4.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. How would you adapt your weekly schedule to create space in your time for networking with local, national, or global philanthropists?
3. How would you design your own image to encourage others to network with the charity represented in this picture (locally, nationally or globally)?

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High School Quote of the Day 4.7

“It's very difficult to ignore humanitarian disasters. The royalties from my albums continue to support my charity work.” - Cat Stevens

Discussion/Writing Prompts

1. If you could create a meme using this quote by Cat Stevens and a picture of you making a difference, sketch what it would look like.
2. If you could use the idea behind Stevens' quote to solve any issue relating to local charities, what would it be? Why?
3. If you could maximize your philanthropic efforts for local charities by getting all your followers on social media to help, what do you think the outcome would look like?

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High School Picture of the Day 4.8



Discussion/Writing Prompts

1. How could you prove that the actions or goals of the people or organization represented in this image are philanthropic?
2. If you could give an award to someone who you have seen networking with local, national or global philanthropists recently, what would the award be for and why would you choose this person?
3. If you joined the people or organization pictured, how would you evaluate the success of your contribution?

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High School Quote of the Day 4.9

“True charity is the desire to be useful to others with no thought of recompense.” - Emanuel Swedenborg

Discussion/Writing Prompts

1. Considering this quote by Swedenborg, would you rather donate to someone near you or someone far away? Why?
2. What would be your criteria for evaluating the work of local, national, or global philanthropists?
3. What could be the greatest ripple effect of how you choose to give (locally, nationally, or globally)?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Personal Passions and Career Goals,” which is detailed in Lesson 5 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 5.1

“What material success does is provide you with the ability to concentrate on other things that really matter. And that is being able to make a difference, not only in your own life, but in other people's lives.” - Oprah Winfrey

Discussion/Writing Prompts

1. What does this quote by Oprah Winfrey mean to you, and how does it relate to making a difference?
2. Reflecting on this quote, how can both big and small philanthropic efforts impact you and the people around you?
3. How would you change this quote Winfrey to relate more specifically to the difference you are making or want to make?

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High School Picture of the Day 5.2



Discussion/Writing Prompts

1. Does volunteering make you a better leader? Why or why not?
2. If you could draw or photograph a different image to get some of your friends to volunteer what main elements would you include? Create a sketch of your image.
3. What is it about your image that will motivate others to volunteer?

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High School Quote of the Day 5.3

“That's the beauty of coaching. You get to touch lives, you get to make a difference. You get to do things for people who will never pay you back and they say you never have had a perfect day until you've done something for someone who will never pay you back.” - Morgan Wootten

Discussion/Writing Prompts

1. If you had to change this quote by Morgan Wootten to align better with your understanding of making a difference, what would you change?
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of Wootten's quote every day, how would your life show your understanding of making a difference?

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High School Picture of the Day 5.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture? Are these people really making a difference? Why or why not?
2. What is the relationship between this picture and your idea of making a difference?
3. How do you think that people's motives for making a difference change their daily behavior?

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High School Quote of the Day 5.5

“Rosa Parks was the queen mother of a movement whose single act of heroism sparked the movement for freedom, justice and equality. Her greatest contribution is that she told us a regular person can make a difference.” - Marc Morial

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Marc Morial that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to lead the change you want to make in the world?
3. What interview questions would you ask Morial about leading the change you want to make in the world?

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High School Picture of the Day 5.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. How would you adapt your daily or weekly schedule to create space in your time and heart for leading the change for this organization?
3. How would you design your own image that supports this organization? How do you think your image will encourage others to lead the change they want to make in the world?

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High School Quote of the Day 5.7

“I would love for people to be able to think of me as a guy who stood up for what he believed in and helped make a difference for the vets.” - Chris Kyle

Discussion/Writing Prompts

1. If you could create a meme using this quote by Chris Kyle and a picture of you making a difference, sketch what it would look like.
2. If you could use the idea behind Kyle’s quote to solve any issue relating to veterans, what would it be? Why?
3. If you could maximize your philanthropic efforts for veterans by getting all your followers on social media to help, what do you think the outcome would look like?

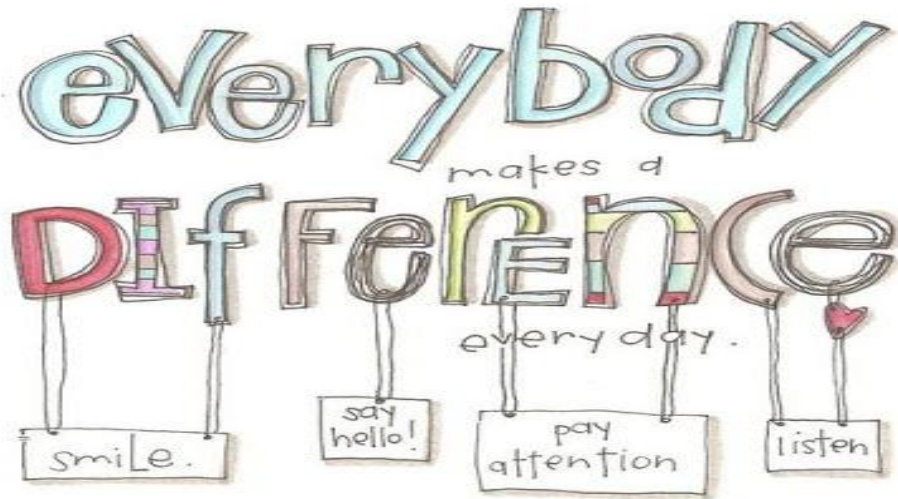
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High School Picture of the Day 5.8



Discussion/Writing Prompts

1. How could you prove or disprove that the goals of the artist are philanthropic?
2. If you could give an award to someone who you have recently seen leading change in the world, what would the award be for and why would you choose this person?
3. If you prioritized your philanthropic efforts, what would you consider most important? Why?

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High School Quote of the Day 5.9

“Everything in high school seems like the most important thing that's ever happened in your life. It's not. You'll get out of high school and you never see those people again. All the people who torment and press you won't make a difference in your life in the long haul.” - Mark Hoppus

Discussion/Writing Prompts

1. Considering this quote by Mark Hoppus, should you wait until after high school to create change? Why or why not?
2. What would be your criteria for evaluating whether you are meeting your philanthropic goals now?
3. What will be the greatest ripple effect that you will create in your high school career? How will this continue to create change after you have graduated?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Philanthropic End Goals,” which is detailed in Lesson 6 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 6.1

“The only thing worse than being blind is having sight but no vision.” - Helen Keller

Discussion/Writing Prompts

1. What does this quote by Helen Keller mean to you and how does it relate to leading a change?
2. How is Helen Keller’s life a true example of the words in her quote?
3. How would you change this quote to relate more specifically to your vision for positive change?

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High School Picture of the Day 6.2



Discussion/Writing Prompts

1. Do you think this graphic can help you in the process of defining your vision? Why or why not?
2. Create a different graphic that gets the same point across as in this image.
3. When comparing your graphic to the graphic above, which one would you choose to show your friends to help them define their visions? Why?

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High School Quote of the Day 6.3

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.” - Joel A. Barker

Discussion/Writing Prompts

1. If you had to change this quote by Joel A. Barker to align better with your understanding of defining a vision, what would you change?
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning Barker’s quote every day, how would your life show a defined vision?

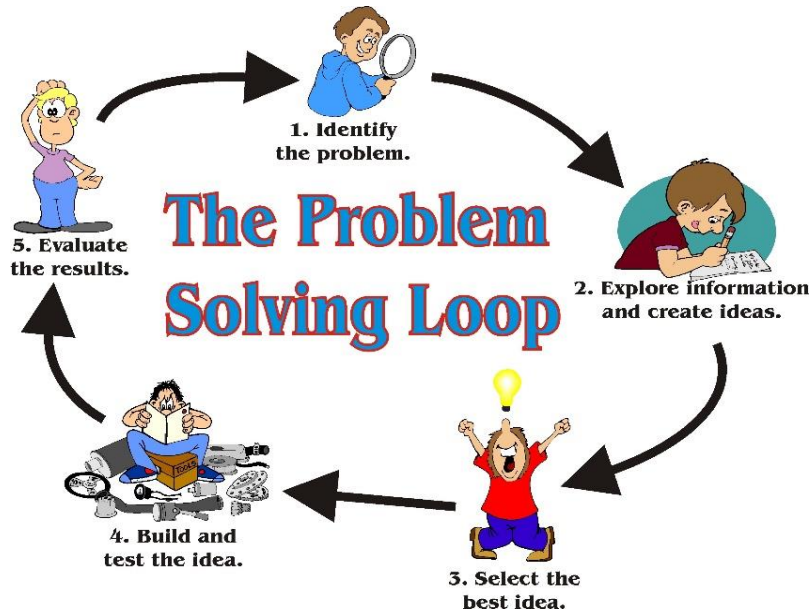
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High School Picture of the Day 6.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture? How does it relate to defining your vision?
2. How could you use this picture in the process of defining your vision? Which step are you on today?
3. What motivates people to actually do the “Problem Solving Loop”? How much would your daily behavior change if you applied this to shaping your vision?

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High School Quote of the Day 6.5

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” - Carl Jung

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Carl Jung that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself in defining your vision?
3. What interview questions would you ask Jung about defining a vision?

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High School Picture of the Day 6.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. How would you adapt your daily or weekly schedule to create space in your time and heart for defining your vision?
3. Design your own image that would help this charity communicate their vision.

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High School Quote of the Day 6.7

“You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.” - Woodrow Wilson

Discussion/Writing Prompts

1. Create a meme using this quote by Woodrow Wilson and sketch what it would look like.
2. If you could use the idea behind this quote to solve any issue relating to senior citizens, what would it be? Why?
3. If you could maximize your philanthropic efforts for senior citizens by getting all your followers on social media to help, what do you think the outcome would look like?

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High School Picture of the Day 6.8

Solving Problems



Discussion/Writing Prompts

1. Are these “buzz words” in the graphic above helpful in problem-solving? Why or why not?
2. If you could give an award to someone who you have seen defining his or her philanthropic vision recently, what would the award be for and why would you choose this person?
3. What words would you add to the graphic above to help you define your philanthropic vision?

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High School Quote of the Day 6.9

“Vision is the art of seeing what is invisible to others.” - Jonathan Swift

Discussion/Writing Prompts

1. Considering this quote by Jonathan Swift, would you rather define your own vision or join an organization that already has one? Why?
2. What would be your criteria for evaluating the success of your philanthropic vision?
3. What could be the greatest ripple effect of the value of your philanthropic vision?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Create an Action Plan for Success,” which is detailed in Lesson 7 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 7.1

“Worry never accomplishes anything. When you have a problem, it is best to concentrate on the solution to that problem, not the problem itself.” - Thomas D. Willhite

Discussion/Writing Prompts

1. What does this quote by Thomas D. Willhite mean to you and how does it relate to planning solutions or perseverance?
2. In reflecting on this quote, how can your perseverance impact you and the people around you?
3. How would you change Willhite’s quote to relate more specifically to the philanthropic plans are making or want to make?

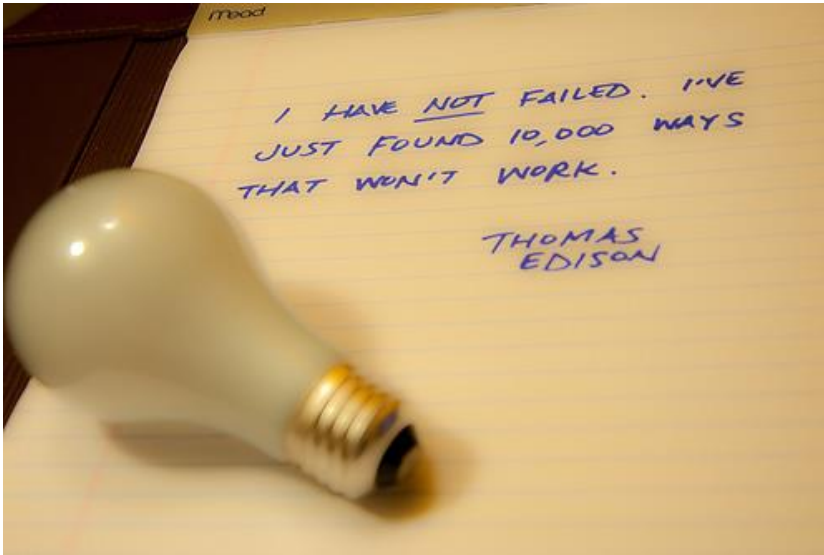
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High School Picture of the Day 7.2



Discussion/Writing Prompts

1. What is the main message here? How can Edison's quote relate to planning your steps and persevering?
2. Sketch an image of a real life scenario that portrays the main message of this quote in action.
3. How could your sketch idea motivate others to plan their steps and persevere?

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High School Quote of the Day 7.3

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” - Martin Luther King, Jr.

Discussion/Writing Prompts

1. If you had to explain the meaning of Martin Luther King, Jr.’s quote to a friend using your own words, what would you say?
2. What would be the result in our society if more people applied this quote to their lives?
3. If you lived out the meaning of this quote every day, how would your life show your understanding of perseverance?

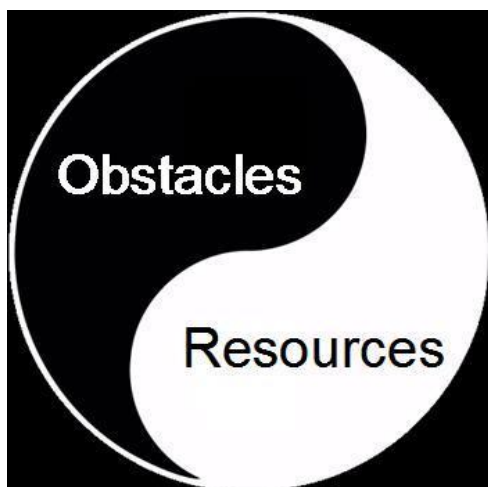
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High School Picture of the Day 7.4



Discussion/Writing Prompts

1. What do you think is the overall theme of this picture? How does this relate to setting philanthropic goals?
2. Will your obstacles and resources always be the equal in size/scale? How does this effect you when you are setting your philanthropic goals?
3. How do you think a person's daily behavior changes after setting philanthropic goals?

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High School Quote of the Day 7.5

“One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity.” - Albert Schweitzer

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Albert Schweitzer that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself when you face challenges in your philanthropic efforts?
3. What interview questions would you ask Schweitzer about setting philanthropic goals?

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High School Picture of the Day 7.6



American Red Cross

Together, we can save a life

Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. List 3 of the challenges you think an organization like the American Red Cross faces.
3. How would you address the challenges you listed above if you were part of their decision making team?

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High School Quote of the Day 7.7

“Just as we develop our physical muscles through overcoming opposition - such as lifting weights - we develop our character muscles by overcoming challenges and adversity.” - Stephen Covey

Discussion/Writing Prompts

1. Sketch a meme using the main message from this quote by Stephen Covey.
2. If you could use the main message from this quote to solve any issue relating to teens, what would it be? Why?
3. What do you think the outcome would look like if you could maximize your philanthropic efforts for teens by getting all your followers on social media to help?

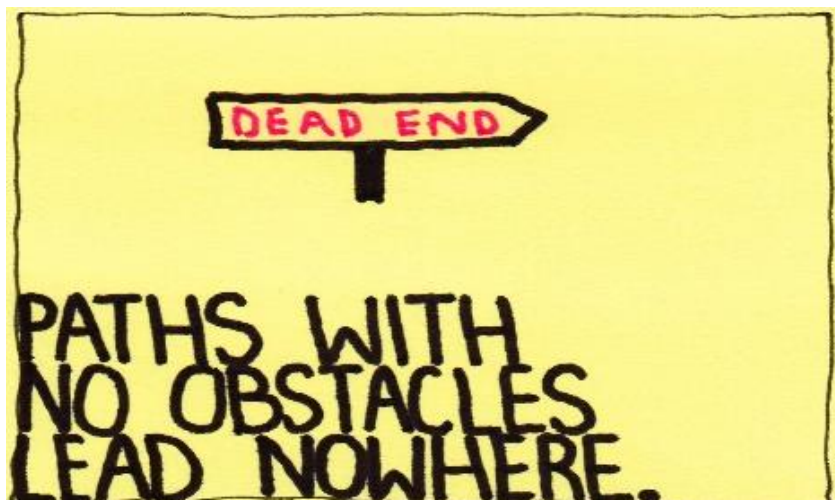
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High School Picture of the Day 7.8



Discussion/Writing Prompts

1. How could you prove that the theme of this image is true or false?
2. If you could give an award to someone who you have recently seen planning and completing a philanthropic effort, what would the award be for and why would you choose this person?
3. How would you explain the main message of this image to others in your own words?

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High School Quote of the Day 7.9

“My songs are always about overcoming things, whether it's breaking up with a guy or just trying to be happy. They're always about being better.” - Estelle

Discussion/Writing Prompts

1. Considering this quote by Estelle, would you rather try to overcome several small obstacles or one large one? Why?
2. What would be your criteria for evaluating the success of both small philanthropic efforts or organizing larger ones?
3. What could be the greatest ripple effect from both small and large philanthropic projects?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Create Viral Awareness,” which is detailed in Lesson 8 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 8.1

“You've got to ask! Asking is, in my opinion, the world's most powerful - and neglected - secret to success and happiness.” - Percy Ross

Discussion/Writing Prompts

1. What does this quote by Percy Ross mean to you and how does it relate to collaborating with others?
2. If you could ask for anything that would help you meet a philanthropic need, what would your request be? Why?
3. Who would you ask to meet that philanthropic need? Be specific. Why do you think they would be interested in helping you?

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High School Picture of the Day 8.2



Discussion/Writing Prompts

1. How does this picture relate to collaborating with people and organizations on a large project?
2. Sketch a different image that conveys the same message as the image above.
3. Compare your new image to the one above. Which one would you use to communicate to a group of friends about collaboration?

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High School Quote of the Day 8.3

“Refusing to ask for help when you need it is refusing someone the chance to be helpful.” - Ric Ocasek

Discussion/Writing Prompts

1. Re-write this quote by Ric Ocasek in your own words so that it still communicates the same message.
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of Ocasek’s quote every day, how would your life show your understanding of collaboration?

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High School Picture of the Day 8.4



Locks of Love accepts donations of cut hair to use for making hairpieces for children who have suffered hair loss.

Discussion/Writing Prompts

1. What do you think is the overall theme of this picture in relation to people collaborating with organizations?
2. How do organizations like this gain public support? Why do you think they are so effective?
3. How do you think a person's collaboration with philanthropic organizations changes their daily behavior?

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High School Quote of the Day 8.5

“The only people with whom you should try to get even with are those who have helped you.” - John E. Southard

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by John E. Southard that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to collaborate with others?
3. What interview questions would you ask Southard about collaborating with people and organizations?

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High School Picture of the Day 8.6



Big Brothers Big Sisters

Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. What do you think collaboration looks like at an organization like this? Describe scenarios of collaboration you envision happening at this nonprofit.
3. Sketch a design of your own image to encourage others to collaborate with people and organizations like the nonprofit represented in this picture?

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High School Quote of the Day 8.7

“No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.” - Alfred North Whitehead

Discussion/Writing Prompts

1. Create a meme using this quote by Alfred North Whitehead and sketch what it would look like.
2. If you could use the main message behind Whitehead’s quote to thank someone who has helped you be successful at something, who would you thank? How did they aid in your success?
3. How could you use social media to encourage others around you to practice gratitude? How does thanking others effect your collaboration with them?

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High School Picture of the Day 8.8



Discussion/Writing Prompts

1. Do you agree with the message above? Or are some of the problems we face unsolvable? Explain your answer.
2. If you could give an award to someone who you have recently seen collaborating with others, what act of collaboration would the award be for? What is different or special about this person?
3. Who could you collaborate with today to make the statement above more of a reality? What will you do?

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High School Quote of the Day 8.9

"I've been blessed to find people who are smarter than I am, and they help me to execute the vision I have." - Russell Simmons

Discussion/Writing Prompts

1. Considering this quote by Russell Simmons, is it difficult for you to acknowledge areas in your own life where others are stronger than you? Why or why not?
2. What are some of the pros and cons of collaborating with people who have different skills and abilities than you?
3. What could be the greatest ripple effect from collaborating with people or organizations who have more talent or skill than you do?

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TEACHER TIP: The next set of microlearnings will focus on the topic of "Prepare for Impact 3...2...1," which is detailed in Lesson 9 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 9.1

“Success is where preparation and opportunity meet.” - Bobby Unser

Discussion/Writing Prompts

1. How does this quote by Bobby Unser translate into your life? How does it relate to completing a philanthropic project?
2. Reflecting on Unser’s quote, what impact could the completion of a small philanthropic project have on you?
3. What is a possible third component to success besides preparation and opportunity?

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High School Picture of the Day 9.2



Discussion/Writing Prompts

1. What do you notice about this picture in relation to planning a philanthropic project?
2. What do you think are the most important things to remember while planning a project with a group of people? What happens to the project when these items are not present in the planning process?
3. Do you think that you are easy to work with on collaborative projects? Why or why not?

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High School Quote of the Day 9.3

“Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all is a form of planning.” - Gloria Steinem

Discussion/Writing Prompts

1. If you had to change this quote by Gloria Steinem to align better with your understanding of planning for a philanthropic project, what would you change?
2. What would be the result for individuals and groups if more people applied this quote to their lives?
3. If you lived out the meaning of this quote by Steinem every day, how would your life show your understanding of planning for a philanthropic project?

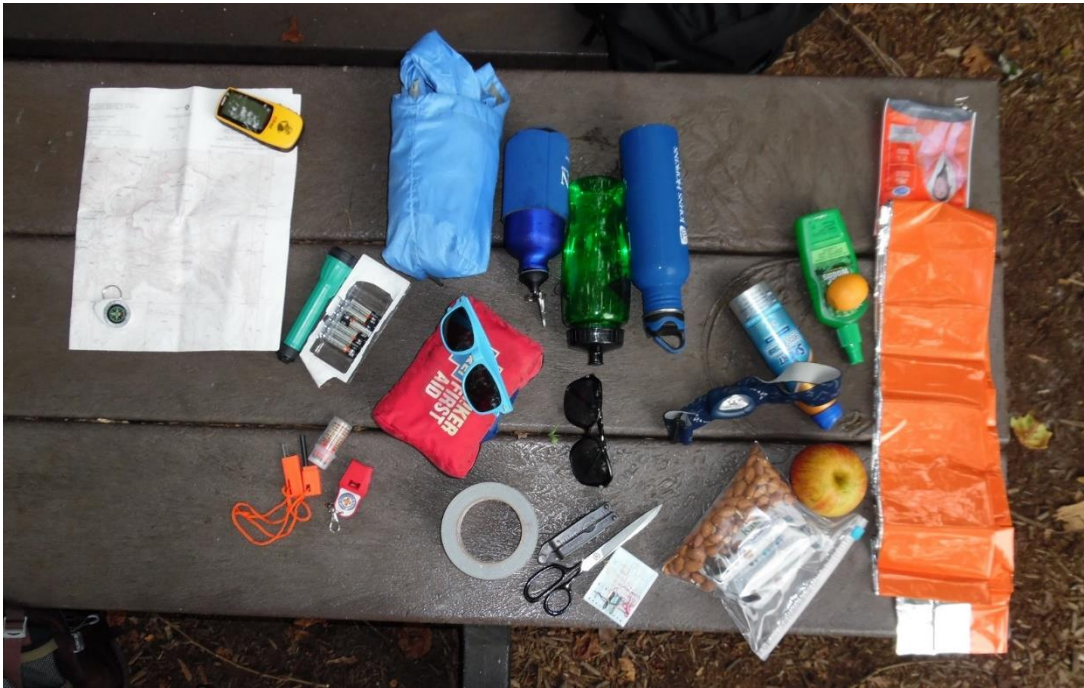
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High School Picture of the Day 9.4



Discussion/Writing Prompts

1. What similarities can you find between this picture and planning & completing philanthropic projects?
2. What do you think is the most challenging part of planning and completing philanthropic projects?
3. Do you think that planning and completing philanthropic projects can change people's daily behavior? Why or why not?

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High School Quote of the Day 9.5

“Planning is bringing the future into the present so that you can do something about it now.”
- Alan Lakein

Discussion/Writing Prompts

1. List 2-3 words or phrases in this quote by Alan Lakein that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to plan a philanthropic project?
3. What interview questions would you ask Lakein about planning and completing a philanthropic project?

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High School Picture of the Day 9.6



BOYS & GIRLS CLUBS OF AMERICA

Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization? What would the effect be?
2. Do you think it is tougher or easier to plan and complete philanthropic projects if you are a part of a national organization? Explain your answer.
3. Create your own image or symbol for this nonprofit. Compare your image to the one above and decide which would be most effective in encouraging others to plan and complete philanthropic projects. Explain why.

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High School Quote of the Day 9.7

“Meticulous planning will enable everything a man does to appear spontaneous.” - Mark Caine

Discussion/Writing Prompts

1. How does this quote relate to planning philanthropic projects? Is “appearing spontaneous” important when planning a project? Why or why not?
2. Are there some issues that cannot be solved by planning? If so, describe them and explain why. If no, explain how planning can solve all issues.
3. If you could maximize your philanthropic efforts by getting all your followers on social media to help, what would be your plan to reach your target audience?

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High School Picture of the Day 9.8



Students sorting food at a local food bank.

Discussion/Writing Prompts

1. How could you prove that the actions or goals of the students represented in this image are actually philanthropic?
2. If you could give an award to someone who you have seen planning and completing a philanthropic effort recently, what would the award be for and why would you choose this person?
3. If you joined the pictured students in their efforts, how would you evaluate your success?

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High School Quote of the Day 9.9

“You can spend your whole life planning. But once you're ready, get out there and start doing it.” - Taylor Momsen

Discussion/Writing Prompts

1. What is the main message in this quote by Taylor Momsen? How does it apply to planning your own philanthropic efforts?
2. What would be your criteria for evaluating the success of how well you planned, documented, and shared a philanthropic project with others?
3. What could be the greatest ripple effect from recording and sharing your philanthropic project with others?

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TEACHER TIP: The next set of microlearnings will focus on the topic of “Celebrate and Continue Your Efforts!,” which is detailed in Lesson 10 from the Project Heart High School Philanthropy Curriculum.

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High School Quote of the Day 10.1

“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.” - Confucius

Discussion/Writing Prompts

1. What does this quote by Confucius mean to you, and how does it relate to continuing philanthropic efforts after an event/project is complete?
2. Reflecting on the quote how can your reflection about the event/project improve future philanthropic efforts?
3. Rewrite this quote in your own words. How could this advice effect a friend you know? Who will you share it with today?

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High School Picture of the Day 10.2



Discussion/Writing Prompts

1. Studies show that after people practice philanthropy once that they are more likely to continue to practice philanthropy. What do you think it is that keeps them coming back?
2. Why do some people feel more drawn to help others? Is it just part of their personality or did they learn this behavior from parents, teachers, etc.? Explain your answer.
3. Create a caption for this photo that would encourage others to use their time, talent, or treasure to help others. Why do you think your caption would be effective?

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High School Quote of the Day 10.3

“It’s on the strength of observation and reflection that one finds a way. So we must dig and delve unceasingly.” - Claude Monet

Discussion/Writing Prompts

1. If you had to change this quote by Claude Monet to align better with your understanding of reflecting on your efforts to help others, what would you change?
2. What would be the result for your peers if more people applied this quote to their lives? What would the effect be?
3. If you lived out the meaning of Monet’s quote every day, how would your life show daily reflection?

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High School Picture of the Day 10.4



Students and staff help at a local food bank.

Discussion/Writing Prompts

1. Where do you think is the greatest need in your community for long-term philanthropic projects? Why this area?
2. What is the relationship between this picture and your idea of continued philanthropic projects? Will we always need food banks?
3. How do you think that people's daily behavior changes as they continue their philanthropic projects?

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High School Quote of the Day 10.5

“There are two distinct classes of what are called thoughts: those that we produce in ourselves by reflection and the act of thinking, and those that bolt into the mind of their own accord.” - Thomas Paine

Discussion/Writing Prompts

1. Chose 2-3 words or phrases in this quote by Thomas Paine that you would identify as the most important or powerful. Explain why you chose these words or phrases.
2. What kind of daily mantra (a phrase that is repeated often or that expresses someone's basic beliefs) can you create to motivate yourself to reflect on your philanthropic efforts?
3. What interview questions would you ask Paine about reflection? Do you agree that there are only two classes of thoughts? Why or why not?

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“Everyone can be a philanthropist by giving your time, talent or treasure to make a difference in society.”





High School Picture of the Day 10.6



Discussion/Writing Prompts

1. What would happen if everyone you know supported this nonprofit organization?
2. What do you think is the most effective way of getting the word out about organizations that focus on disease?
3. Sketch your own image to encourage others to commit their daily philanthropic efforts to this organization. Explain why your image would motivate others to help.

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High School Quote of the Day 10.7

“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.” - Peter Drucker

Discussion/Writing Prompts

1. Create a meme using this quote by Peter Drucker and sketch what it would look like.
2. If you could use the idea behind Drucker’s quote to reflect on philanthropic efforts and improve them, what would you do? Why?
3. Why do you think quiet reflection is so important to Drucker? How often do you quietly reflect after successful actions?

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High School Picture of the Day 10.8



Donated backpacks full of supplies for a back-to-school event for families who need help with school supplies.

Discussion/Writing Prompts

1. How could you prove that the actions or goals of the organization that donated these backpacks are actually philanthropic?
2. If you could give an award to someone who you have seen continuing his or her philanthropic efforts recently, what actions would the award be for and why would you choose this person?
3. If you joined this organization in their efforts, how would you evaluate your success?

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High School Quote of the Day 10.9

“A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community, the virtue of each one is living.” - Rudolf Steiner

Discussion/Writing Prompts

1. Considering this quote by Rudolf Steiner, what would you rather do: continue to find new philanthropic efforts or continue to improve the ones you have already done? Why?
2. What will be your criteria for evaluating how well you have practiced regular philanthropy in your life?
3. What could be the greatest ripple effect of you continuing to practice daily philanthropy in your life?

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