

# RAINBOW DASH 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 people<sup>1</sup>. 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.”<sup>2</sup>

With help from Rainbow Dash, you can teach your child about the importance of loyalty while demonstrating how to be a friend to those who are sick.

Inside this guide there are ‘ideas to chat about’ to help your child understand more about of the importance of health and wellness. 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](http://generationOn.org/mlp) to learn more and share your story.**

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

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

# THE ISSUE OF HEALTH AND WELLNESS

Rainbow Dash is an action-packed pony who proves time and time again that she is a true hero and true friend. When a friend is in need, Rainbow Dash is the first to volunteer to help. Just like Rainbow Dash, you can be a friend to kids who are sick by springing to action and standing beside them in their fight. Your child and their friends can help by collecting hats to keep kids who are sick feeling warm and happy!

## DID YOU KNOW?

Kids of any age understand that it's no fun to be sick. While leading a healthy lifestyle is important, it doesn't always prevent illness.

Unlike some adult forms of cancer, childhood cancers are not related to lifestyle factors, and there is little that can be done to prevent them. Some kids who are sick with cancer will lose their hair.

## WHAT YOUR CHILD WILL LEARN

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

## WHO YOU'LL BE HELPING

- Kids who are sick and in the hospital

## 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 sick?

2 Why is it important to help make kids who are sick feel happy?

3 What else can we do to help?

## SUGGESTED READING:

**Anna's Special Present** by Yoriko Tsutsui

Anna hates it when her little sister Katy begs to play with her favorite doll; but, when Katy is sick in the hospital, Anna knows just the right gift to cheer her.

**Rainbow Dash and the Daring Do Double Dare** by G.M. Berrow

In this book, Rainbow Dash is a huge fan of the Daring Do book series. To prove she's the ultimate fan, she decides to show her friends that she can be just as brave and daring as her hero. This story teaches children about the importance of being brave, courageous and above all, a loyal friend.



# PROJECT INSTRUCTIONS: COOL HAT COLLECTION

## WHAT YOU NEED

- **NEW** hats: Help your child think about what kind of hats they might want to collect. They could collect hats of local and national sports teams or colleges! Soft fleece or cotton caps can comfort delicate scalps
- Boxes to collect the hats in
- Card paper, ribbon and safety pins for cards

## STEPS

- Help your child decide how they will collect the hats. Will they collect hats at home, in their neighborhood, from friends at school?
- With your child, decorate collection boxes; make flyers and posters. List the dates and location of their collection and information about the types of hats they are collecting
- Download, print and have your child color 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 their hats 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 hats to a local hospital



COLLECT HATS OF LOCAL AND NATIONAL SPORTS TEAMS OR COLLEGES



BOXES TO COLLECT THE HATS IN



CARD PAPER, RIBBON AND SAFETY PINS FOR CARDS



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## 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](http://www.generationon.org)