



**Kaylee Dobbins (Age 10)
Maryland, USA**

“Jolly Good Deeds”

**Mattie J.T. Stepanek Foundation
www.MattieOnline.com**



Below are Kaylee’s answers to the questions Mama Peace asked her about her Peace Activity.

Begin the Journey – Peace Club Tween

Beginning Peace Post:

Mattie said that a Heartsong is something inside of us that makes us special and unique. He said it should be about something is important to us, or something we need or want. Then we share that with other people because we know why it is so important. What I need is to feel like I “belong.” So I will help other people feel like they belong. I will include them if they look lonely. I will say things like hello, and do you want to play with us, and do you want to talk. I will help them with different things when they need help. When I share “*You Belong*” with others, I am sharing my Heartsong. I will feel good inside, and know that I belong, too. Feeling good and helping others feel good is a part of peace. Teaching us about peace was Mattie’s Heartsong. He needed and wanted peace, so he shared it. By doing a Peace Activity, I’m helping to give Mattie his Heartsong of peace, and I’m also making peace in our world, where everybody belongs.

Choice 1: Peace Seeker – Reflect on Mattie’s Message

Activity Title and Mission/Purpose

What is the name of your Peace Activity?

Jolly Good Deeds

What is the mission or purpose of your Peace Activity?

The purpose of *Jolly Good Deeds* is to help other people, especially those who need help cleaning or feeling the happiness of peace.

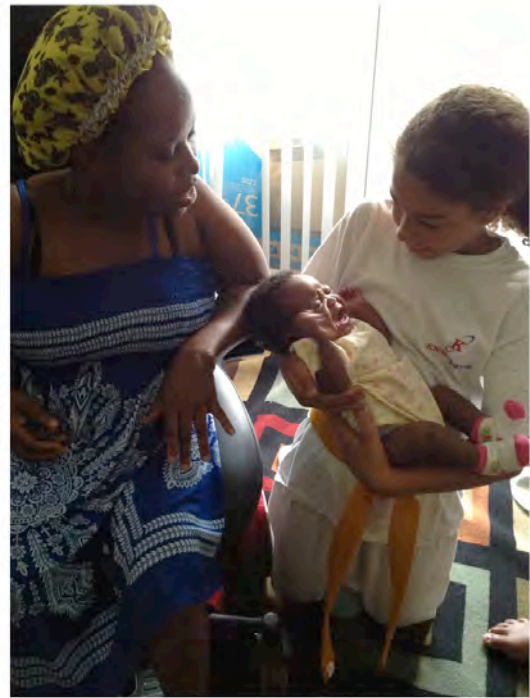
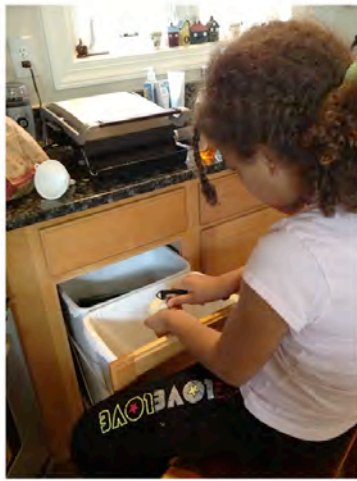
Why might other people need or benefit from this Peace Activity?

People need help more than we think sometimes. Maybe they are busy. Maybe they have a disability. Maybe they don't like cleaning. Maybe they are young. Maybe they are sick or sad. Maybe they just need a break. We help others because we can help others, and it feels good to be helpful to others who need help.

Choice 2: Peace Maker – Respond to Mattie’s Message

Activity Plan: What, How, When, Where

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Jolly Good Deeds
Peace Club Tween
2013 Peace Activity
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How often do you help others with *Jolly Good Deeds*?

A *Jolly Good Deed* can be done every week -- week after week. *Jolly Good Deeds* are opportunities to practice helping others and also practice cleaning. And *Jolly Good Deeds* are opportunities to practice being peaceful, which is very important.

Who can do *Jolly Good Deeds*?

Anybody can do a *Jolly Good Deed* for anybody else. If there is someone who can't do a *Jolly Good Deed*, then that is someone who probably needs our help and lots of *Jolly Good Deeds*.

What types of tasks are *Jolly Good Deeds*?

A *Jolly Good Deed* can be big or small. It might be help with cleaning a kitchen. It might be help with organizing books or toys. It might be help with moving someone in a wheelchair. It might be help feeding a baby or filling a grandmother's water bottles. Or it might be help that just gets another person smiling again.

Is a *Jolly Good Deed* always the same task?

A *Jolly Good Deed* can be the same deed again and again, or a different deed each week. The purpose of a *Jolly Good Deed* is to help someone who needs help for any reason, so what we do is what they need us to do.

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Choice 3: Peace Bringer – Reach Out with Mattie’s Message & Yours! Activity and Attitude put into Action

What did you do for your very first *Jolly Good Deed Peace Activity*?

I planned and made a meal for a lady who has a new little baby. The lady is from another country and she has a disability, and she does not have much money. She doesn’t have a lot of people helping her. I learned about her through church, and I wanted her to know that she “belongs” (which is my Heartsong). and that people are here to help her.

- First, I made a menu. I thought of what I might want to eat that was good and also nutritious and also a fun dessert.
- Then I went to the store and shopped. My grandmother helped me buy the food. We also got some diapers and toys for the new little baby.
- Then I cleaned and prepared and cooked the meal. I put everything on a tray, and covered it so it would stay good.
- Then I went to Karate practice, and then we went and took everything to where she is staying.
- I gave her all the food and then we talked for a little while. She let me hold her baby.

Celebrate the Journey – Tween Peace Certificate

Celebration Peace Post:



How did you feel while you were doing your Peace Activity?

I felt really good helping someone else. It made me feel like I belong because I had a purpose. And it made her feel like she belonged. She said thank you and was smiling.

Is helping others hard?

Helping others may seem like work, and it actually is work. But if we choose a good attitude, then the work becomes a *Jolly Good Deed*.

How might someone respond to a *Jolly Good Deed*?

Sometimes when we help someone, that person will then be able to help someone else. And sometimes that person will need more help from us or from others. Sometimes a person will say thank you and smile. And sometimes a person is too young or maybe too tired or maybe sick or sad, and can't say thank you. But when that happens, it means the person really needed a *Jolly Good Deed* more than ever.

Why do *Jolly Good Deeds* matter?

Jolly Good Deeds help other people to feel included and helped and cared for. *Jolly Good Deeds* can also help other people to be helpful and to feel peace, and to want peace for even more people. We can spread peace through *Jolly Good Deeds*.

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Now you have done a Jolly Good Deed Peace Activity – What Next?

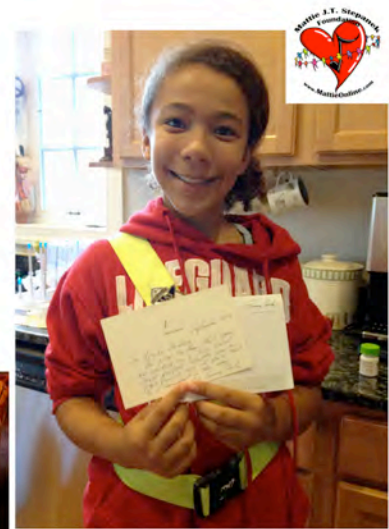
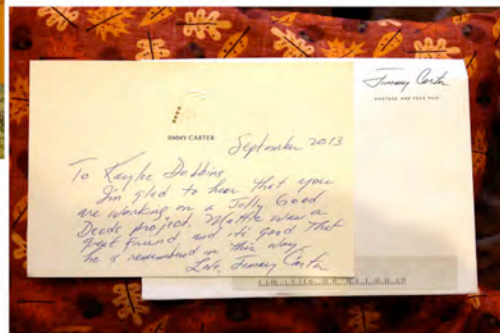
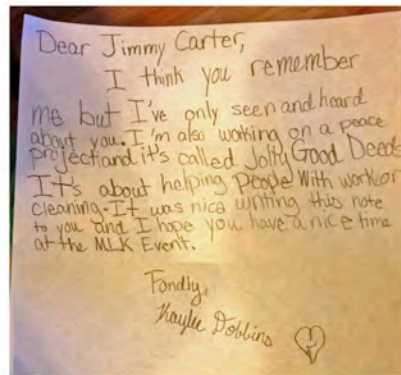
I have already done more and more *Jolly Good Deeds*. Sometimes it is like making a meal, or helping someone at their office. And sometimes it is just doing something small when I see that someone needs something, like if they drop a pencil and I can pick it up for them, or if someone needs a napkin I will get up from the table and go get it without even being asked. I will keep doing *Jolly Good Deeds* because they are a part of peace, and people and our world need peace.

Other peace thoughts:

I sent President Jimmy Carter a letter about *Jolly Good Deeds*. Mattie was my kin-uncle. And Jimmy Carter was his friend. They wrote a book together about peace. So I sent a note to President Carter telling him about my Peace Activity. Then about a week later, I got a surprise in the mail. President Carter wrote me a note back and told me he really liked my *Jolly Good Deeds* and that I am doing a good job for peace!



Peace Club Tween
Kaylee -- with notes...



...to and from former
President Jimmy Carter