

Use these activities to help your students learn about how they can help others and why it matters!

Name: _____

The Power Of Helping Others

When we do something to help, we can make our world a better place. Helping others not only affects the people we're helping, but can also make things better for the people in their lives, and can even make us happier!

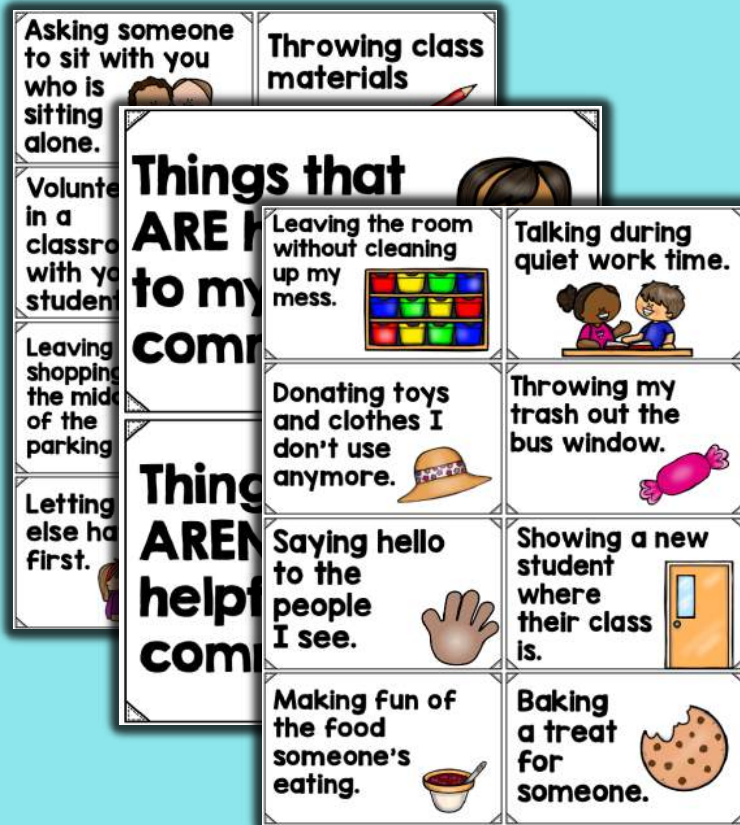
Write or draw about a time when someone helped you:	How did you feel?
	What did you think?
	Did it impact anyone else in your life? How?
Write or draw about a time when you helped someone else:	How did you feel?
	How do you think the other person felt?
	Did this impact anyone else? How?

Includes two worksheets!

These activities are perfect for:

- Character education lessons
- Lessons or small groups focused on kindness
- Lessons or small groups focused on good citizenship
- Helping students think about how they can make their communities a better place
- Using with or without the book Just Help! by Sonia Sotomayor

The sorting activity will help students identify things that are helpful to the community and things that aren't.



Kids will look at 16 scenarios and decide whether or not they are helpful. They will put the card under the corresponding heading. These materials come in color and black and white.

Use the challenge cards to encourage your students to help in specific ways.



Give each of your students a challenge card, or have your students leave the cards around the school for others to find.

These materials come in color and black and white.

Kids can keep track of what they've done each day to help others.

I Can Be A
H

Day 4 (Date)

What did I do?
Here is a picture of me helping:

How did the other person/people feel when I helped?

Day 5 (Date)

What did I do?
Here is a picture of me helping:

How did the other person/people feel when I helped?

Day 6 (Date)

What did I do?
Here is a picture of me helping:

How did the other person/people feel when I helped?

Kids will make a 7-day journal to write or draw about how they have helped others that day!

These materials come in color and black and white.