Lesson 8: Help Others and Let Them Help You - Things To Know

Why do people help? It’s part of human nature to help. Our brains are designed to notice what others feel or need, and to show we care. That’s called empathy.

Your help matters. When you help, it makes a difference. You can brighten someone’s day or help them do something.

Helping others is good for you too. Helping is good for the person getting help, but it’s even better for the helper! Helping others can:

• boost your self-esteem, happiness, and even your grades!
• make you feel capable and strong
• make you calmer and cope better with stress

Helping is contagious — it spreads! When we act in helpful ways, the people around us will too.

Do things to help whenever you have the chance. You can:

• do a favor for a friend
• volunteer to help the teacher in class
• show someone how to do something
• say something kind to a friend who’s feeling down
• help a younger brother or sister with homework
• collect money for a good cause
• do chores at home
• include someone or stand up for someone
• volunteer for a community clean-up