



## Lesson 8: Help Others and Let Them Help You - Ways I Can Help Others

When you help, it makes a difference! You can help your friends, family, and teachers. You can help at school or in your neighborhood. You can do things to help people you don't even know.

Helping is a way to give your time, energy, attention, or kindness. You can lighten someone's load, or brighten their day by pitching in. When you help, you feel good too!

Use these ideas to think of ways you already help or new ways you could help.

- help out at home
- help someone younger
- help someone older
- help a friend
- help a teacher
- help a neighbor
- help a good cause
- help the planet
- help by listening
- volunteer
- babysit
- do dishes
- put things away
- clean up after yourself
- show someone how to do something
- help by being there
- help by being friendly
- help by doing chores
- help by taking care of a pet
- carry someone's groceries
- hold the door for someone
- smile at someone
- include someone
- let someone go first
- help at home without being asked
- give to someone who needs it
- help by doing a good deed
- help with an act of kindness



**(Lesson 8: Help Others and Let Them Help You - Ways I Can Help Others, continued)**

**Write down some ways you already help others.**

I help \_\_\_\_\_ when I \_\_\_\_\_.

How do you feel when you help like this? \_\_\_\_\_.

I help \_\_\_\_\_ when I \_\_\_\_\_.

How I feel when I help like this \_\_\_\_\_.

I help \_\_\_\_\_ when I \_\_\_\_\_.

How I feel when I help this way \_\_\_\_\_.

**Think of three ways you will help others this week.**

I will help \_\_\_\_\_ by \_\_\_\_\_.

I will help \_\_\_\_\_ by \_\_\_\_\_.

I will help \_\_\_\_\_ by \_\_\_\_\_.

**Write the name of someone who has helped you and how they helped you.**

\_\_\_\_\_ helped me by \_\_\_\_\_.

How did you feel when they helped you? \_\_\_\_\_.

**List 3 people you can go to when you need or want help.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there something you'd like to ask for help with this week?

\_\_\_\_\_

Who can you ask? \_\_\_\_\_.

What can you tell the person about how to help you best?

\_\_\_\_\_