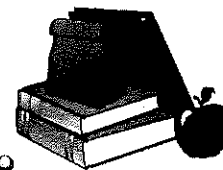


Helpfulness



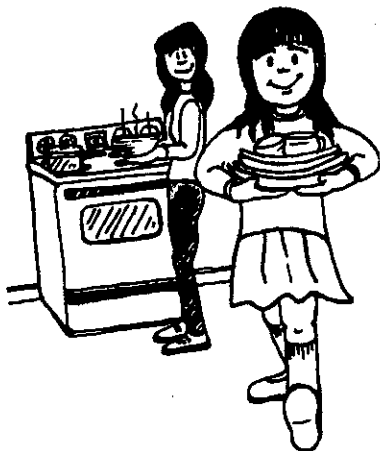
What Is Helpfulness?

Helpfulness is being of service. It is doing useful things for people, such as things they cannot do for themselves, something they do not have time to do, or just little things that make life easier. It is important to be helpful to ourselves too, by taking care of our bodies. There are times when we need help from others. That is a good time to ask for help.



Why Practice It?

We all need help sometimes. We need people to teach us, and people to give us their strength or ideas. Sometimes we just need a friend to talk to. If there were no helpfulness, there would be no cooperation. When we practice helpfulness we get more done. We make each other's lives easier.



How Do You Practice It?

When you are helpful, you care about others. You don't wait to be asked. You notice what needs to be done and just do it. If you cannot figure out what someone needs, ask them "How can I help?" or "What do you need?" Remember to help yourself by eating healthy foods, exercising and getting plenty of rest. And remember to ask for help when you need it.

What would Helpfulness look like if...

- A friend is carrying a whole pile of books?
- It is time for dinner and your mother could use help?
- You notice that a friend looks sad?
- Your best friend asks you if he can copy your homework?
- An older person just slipped and fell?
- You see a student surrounded by a group who don't look friendly?

Signs of Success

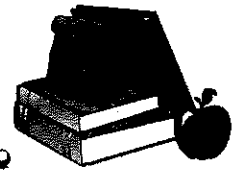
Congratulations! You are practicing Helpfulness when you...

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

Affirmation

I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.

Activities with Helpfulness



Making a Difference

Discuss what would be helpful to your school and design a project to make a difference. Remember to ask permission before you do it.



Virtues Reflection Questions

- How are you helpful at home?
- Describe a time you helped an animal.
- Name three ways you could be more helpful at home.
- How would you be helpful to a substitute teacher?
- When have you needed help and how did it feel?
- Was it easy or difficult to ask for help?
- What was it like to receive help?
- When have you been helpful to someone outside of your family?
- How can you tell if what someone asks you to do for them is helpful or not?
- What is the most helpful way to respond if someone is injured?



Drawing Helpfulness

Draw a picture of a person or an animal who needs help and someone helping them.



Poster Points

- Show that you care.
- Caring is a special way of loving.
- Yes, I care!
- Giving my best.
- Earth is our home. Let's take care of our home.



Quotable Quotes

"I would help others out of fellow-feeling."

Robert Burton

*"If I can stop one Heart from breaking
I shall not live in vain*

If I can ease one Life the Aching

Or cool one Pain

Or help one fainting Robin

Unto his Nest again

I shall not live in vain."

Emily Dickinson

*"No one can sincerely try to help another
without helping himself."* Unknown

*"Oh, I get by with a little help from my
friends."* John Lennon and Paul McCartney

*"I expect to pass through this world but once;
any good thing therefore that I can do, or any
kindness that I can show to any fellow crea-
ture, let me do it now; let me not defer or
neglect it, for I shall not pass this way again."*
Anonymous