



Why is
helping
others good
for ourselves?

Take it further:

THINK

What curiosity questions can you ask?

e.g. What does it mean to help others? Why do people help each other? How have communities helped each other in your area? Have you ever done any volunteering at school or in your local community?

FEEL

How might different people feel about this?

e.g. How does it feel when someone helps you out? How does it feel when you help someone else? Why do you think it might feel good to help others?

CONNECT

What links can you start to make?

e.g. Why is it important to be part of a community? How and why is helping others a positive way of building a community? How is volunteering your time helping yourself as well as others?



Activity ideas:

1. Sharing is caring. In your household or local area, there will be a wide range of skills that different people have which can be shared to help each other. For example, you might be really good at drawing or baking and could teach someone else or help some with their gardening or homework. Create a **skills sharing board** by writing down on a post-it note some of the skills that people have and sticking on the fridge or on a board in your house and then sharing around (e.g. you teach someone to draw and they help you with your maths lesson).
2. What are some good reasons to volunteer? Take a piece of paper and write this title at the top: **10 great reasons to volunteer**. Now have a go at coming up with ten reasons why volunteering is a great thing to do (e.g. meeting new people, learning new skills). Take a look at this 1 minute video about why being kind to others is good for ourselves: [Doing good feels good](#)
3. Being kind to others is a wonderful way of showing that you care. Now is a great time to offer acts of kindness and you can do these every day! Spend some time thinking about who is around you that you can help and create a plan with **one act of kindness** to do every day for a week. Make a list and think about and reflect on how you feel each day after carrying out your act of kindness.
4. **Raktivist** stands for 'Random acts of kindness. Take a look at this website to help you to learn about how you can carry out lots of acts of kindness in your daily life...and why you should: [Become a Raktivist](#)

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?
