



Why is helping
others good for
ourselves?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. Why do people help each other? Is helping others an essential part of building a community? Is our help always helpful? How have communities helped each other in your area during the global pandemic?

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? Do we gain as much as we give emotionally when helping others?

CONNECT

What links can you start to make?

e.g. Is our help always helpful? How and why is collaboration an essential human quality? How does kindness to others actually extend to yourself as well? Is kindness infectious?

EXPLORING SOCIETY | **Voluntourism**



Activity ideas:

1. 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 think about ten reasons why volunteering is a great thing to do (e.g. meeting new people, learning new skills).
2. During this period of 'hibernation' we are witnessing kindness and community support in areas across the world. Spend some time thinking about who is around you that you can help and create a plan with **one act of kindness** that you are going to do every day for a week – maybe with your family or your neighbours or in your local area. Make a list and think about and reflect on how you feel each day after carrying out your act of kindness.
3. Is our help always helpful? Although being helpful seems a positive idea, is our help always helpful? What happens when we volunteer in places outside of our context, culture, community or values set? Take a look at this spoof video from Norwegian organisation [SAIH](#) and talk about some of the ideas raised in the video (remember to practice critical thinking): [Who wants to be a volunteer?](#)
4. Take part in the national challenge set by our friends at [Empathy Week](#) to develop a growth mindset and engage in a project to support positive change in your community: [Social Action Guide](#)

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

What other activities could you do?



RESOURCES:



THINGS TO READ




[The secret to happiness is helping others](#)

(Article | *Time magazine*)

[Doing good does you good](#)

(Article | *Mental Health Foundation*)



THINGS TO WATCH



[Kindness offensive](#)

(4 minute video | *Kindness Offensive*)

[Doing good feels good](#)

(1 minute video | *Action for Happiness*)



THINGS TO LISTEN TO



[Good news shared](#)

(Podcast series | *Good News Shared.com*)



THINGS TO DO



[Social Action Project](#)

(Growth Mindset Project | *Empathy Week*)

[Become a RAKtivist](#)

(Activities and resources | *Raktivist.com*)



THINGS TO INSPIRE



[Explore our Voluntourism topic](#)

(A home-learning topic for 5-18 year olds | ThoughtBox)

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