

How Can I Help?



We need to think about more than our own interests and ask "How can I help others?"

What you'll need

- Newspaper and magazine articles

What to do

1. Together, find newspaper articles about people who get involved. Look for ways to help other people that involve your child's interests.
2. What are some everyday good deeds? Ask your children to think back and remember a time when they helped another person. Think big and think small.
3. Discuss community food drives and volunteer tutoring programs. Suggest that your children check with a local religious group, community or recreation center, school, or library.
4. Explore the possibility of joining a young people's group that does community service.
5. Ask you children to name at least two things they could do today or tomorrow to help others. What will it take? Encourage your children to make a commitment.



Taking part in community activities can not only help others, but can also help your child make new friends and learn new skills.