

SUNDAY

#BEHELpful



Helpful people help others. Being helpful means doing things to care for yourself, your family, friends, and community. It can start with looking for people who might need your help and doing something to help them out of love. What could you do today to help someone else and make them feel special?

THREE SPECIAL SUNDAY IDEAS TO #BEHELpful

1.

Pep Talk

If you see someone struggling, try saying something kind to encourage them to keep going, or to try again. Kindness can be helpful to everyone!

2.

Learn a Household Skill

Ask a grown up at home if they would teach you how to use the washing machine, cook dinner, or even just use the vacuum cleaner!

3.

Fundraise

Lots of charities and organisations need help to raise money for the people they work with. Try having a bake sale, fashion show, or sports day to fundraise for a cause that's important to you!

