

SUNDAY 13 SEPTEMBER 2026 #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? Could you maybe fundraise for Children's Health Scotland and help us defend the right of every child to the best possible health?

1. STORYTIME HELPER SWAP

Choose a favourite storybook and ask a grown-up to read it with you. Then swap roles — you become the helper and “read” the pictures or retell the story in your own words. You’re helping with Storytime and learning to lead! This activity supports the UNCRC Article 5 – a right to guidance as you grow. It encourages confidence, role play and shared learning through storytelling.



2. INVENT A HELPFUL TOOL

Imagine a tool that could help someone — maybe a “Mood Lifter Machine” or a “Homework Helper Robot.” Draw it, label its parts, and explain how it works. You can even build a model using recycled materials. This activity supports our My Health, My Rights Charter – a right to information in a way we understand. It encourages problem-solving, empathy and playful invention.

3. HELPFUL HACK VIDEO SCRIPT

Write or draw a short script for a video that teaches a helpful life hack — like how to stay calm before exams, organise your space, or support a friend. You don't need to film it, just plan it out like a real content creator. This activity supports the EACH Charter Article 10 - to be treated with tact and understanding, and privacy respected at all times. It promotes leadership, communication and peer-to-peer support.