



Be a Kind Helper



1. How do you use Be a Kind Helper?

Practice, then draw a picture of yourself using it!

1. Find someone you can help.	
2. Do something to help them.	
3. Notice how you feel after helping.	

2. How do you feel after using Be a Kind Helper?

Circle the cloud that best matches.



3. When could you use Be a Kind Helper to help you feel your best self?

Draw or write your ideas.