

* A guided discussion among the children.

What do you think about?

WHY HELPING OTHERS MAKES YOU HAPPY…

* Because you realize that you do something good in your life
* Because you are able to confort the other person
* Because the happiness is contagious and the positive feelings come back towards you
* Give or do something for someone is so rewarding
* Because you know that you are the happiness of others
* Makes your time really useful and makes it significant
* Because you give meaning to your life
* Because you build stronger ties

How a child can HELP

* Helping the friends and family.

For example: you can help with the lunch or take care of your brothers

REMEMBER: Do it before they ask for help!

* Listen without judging
* Write a message to confort or bring a little present for showing the others are important for you
* To volunteer in your community
* Give away free games or food
* Be always kind!

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