



HELPING OTHERS ACTIVITY

When we take an interest in others and do kind acts for them, we begin to understand and appreciate them more. We also begin to understand how much our kindness means to others. This activity will help increase our understanding of others' needs by performing kind acts for them.

Time needed: Will vary based on activity

Activity Instructions:

Select a family or individual in your neighborhood or community that you can do a kind act for. Is there someone that particularly needs your help? You may want to choose someone that you do not know very well or someone that is in need of something that you have to offer. After identifying one of the needs, do a kind act for this person or family. You can do a kind act that does not cost any money and does not require a lot of time. The kind deed could be as simple as visiting an elderly person, inviting a neighbor to your home for dinner, assisting someone with yard work, or volunteering your time to help a non-profit organization.

Discussion Questions:

- What made this activity worthwhile?
- Do you think the person that you did the kind act for appreciated what you did? Why?
- After doing a kind act, such as the one you did, what feelings did you experience?
- How did these feelings affect the rest of the family?
- How does our attitude affect how we feel about the activity?
- What characteristics helped your family work well together as you performed the kind act?

Activity from: Strengthening Family Ties "A Workbook of Activities Designed to Strengthen Family Relationships"