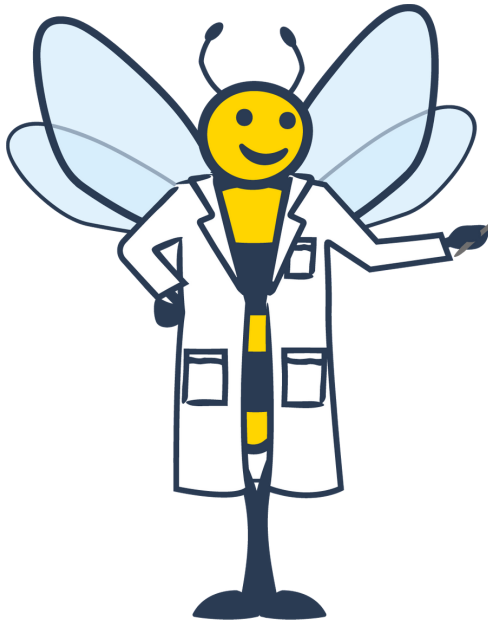


COMPASSION & CARING



Discover the importance of doing things to help other people and how great you'll feel (and why) when you work towards a cause, making efforts towards achieving something to help other people...



GIVING IS GOOD

When we give things to other people, it causes a REACTION in our brain that releases happy hormones!

What's more, some brainiac scientists have even discovered that when people give money to charity, it makes them happier than when they spend it on themselves!

So helping others, helps us too...



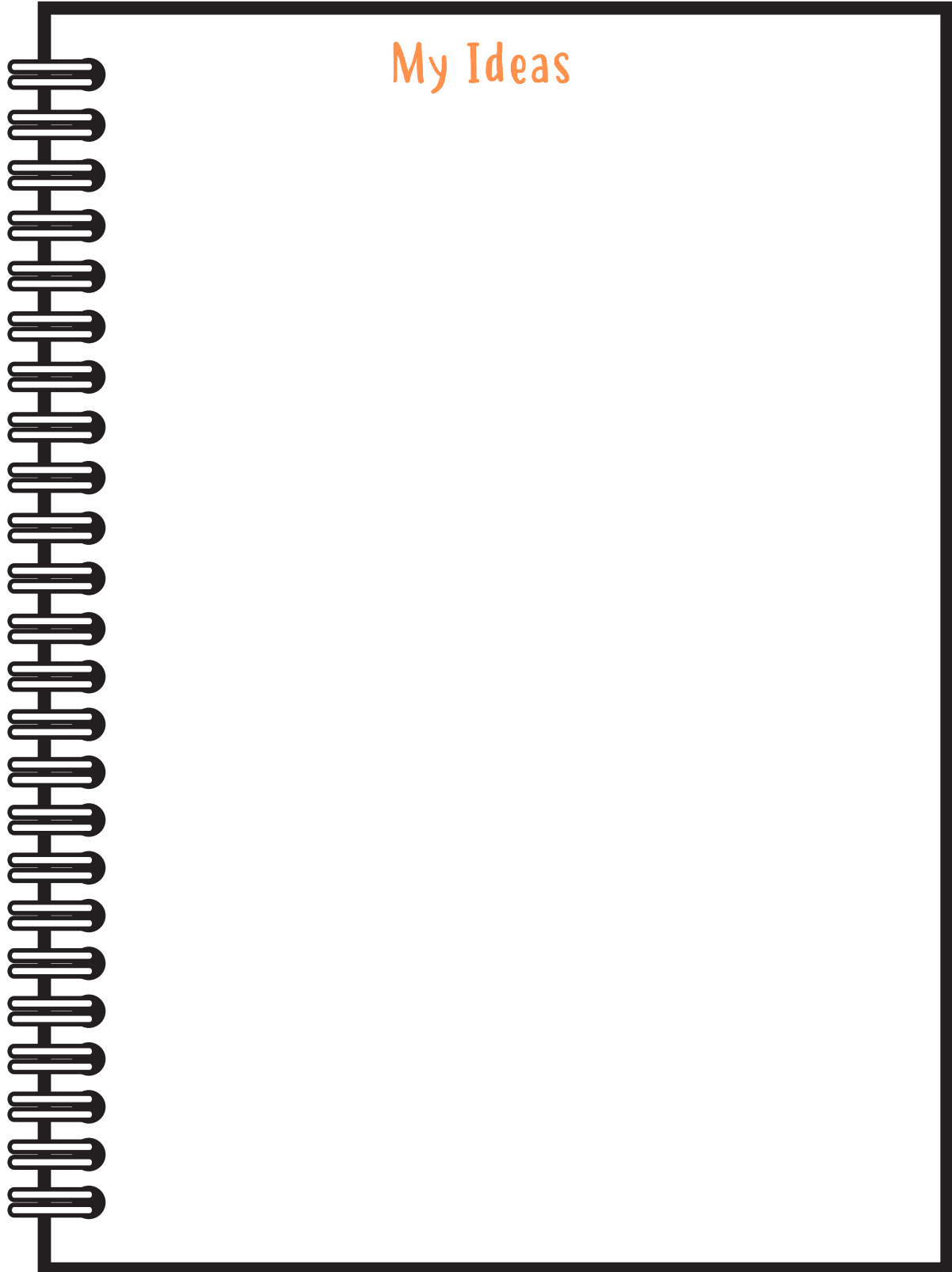
This cycle of giving makes the world a better place. People who need help, receive help, people who are happy, make others happy, and people who give help are **EVEN HAPPIER!**

Ready for your task???

MY COMPASSIONATE SELF

It's time to get thinking about the things YOU can do for others. Let's start with writing down lots of ideas that you might have for how you can help others... think about the things you enjoy, that you are good at, or skilled at. Also think about the tasks that people you care about often seem to need help with...

My Ideas



HELP VOUCHERS



OK, so your list is created, and it's now time to think about HOW you could offer up help to those in need, and create some vouchers to hand out. Keep it simple, it could be anything from a hug to making your bed, or cleaning the car... go back to your list of ideas and see how many you can turn into vouchers.

When you've finished, you could decorate them, if you like, or simply cut them out and give them to the people you have decided to help.

INTENTION BADGES



Think about a charity you'd like to support – or ask your parent/carer to help you choose one. What could you do to help or raise money for them? Create some intention badges and once you've done the task, you can tick it off!

You can use these badges, or trace them, or even create your own.
(we've started you off with a few ideas)

