

Week 3: The Power of HELPING

Start Date: _____

“Let me help you.” “Can you help me with this?”

Sometimes when I do something all by myself,
I can get frustrated - but won't ask for help.
But asking for help - it can sometimes be fun.
With someone there with you, the more you get done.
So never feel bad when you have to reach out.
Helping each other is what life's all about.

Each day this week, write something that you will do or that you did to help someone, or something that you asked for help with.

Check it off!

Day 1: _____	<input type="checkbox"/>
Day 2: _____	<input type="checkbox"/>
Day 3: _____	<input type="checkbox"/>
Day 4: _____	<input type="checkbox"/>
Day 5: _____	<input type="checkbox"/>
Day 6: _____	<input type="checkbox"/>
Day 7: _____	<input type="checkbox"/>

Reflections, Thoughts, & Doodles: